



OFFICIAL INVITATION

The European Powerlifting Federation
and
Estonian Powerlifting Federation
invite
the EPF member nations to participate in the

EUROPEAN OPEN CLASSIC POWERLIFTING CHAMPIONSHIP 4th– 9th December 2023 in Tartu, Estonia

Please note: all information is posted only for information purposes. All team selections, all official entries for the Championships and all hotel bookings must be done by the EPF-Member nations, NOT by individuals.

Meet Director	Peep Pall	email: peep@sbdestonia.ee Cell: +372 5117144
Correspondence	Alexander Andrusenko	email: alexander@powerlifting.ee Cell: +372 5247989
Visa support	Alexander Andrusenko	email: alexander@powerlifting.ee Cell: +372 5247989
Nominations	Alexander Andrusenko	email: alexander@powerlifting.ee Cell: +372 5247989
EPF Championship Secretary	Tero Hyttinen	email: tero@europowerlifting.org Cell: +358 44 309 2263
Accommodation	Jelena Andrusenko	email: accommodation@powerlifting.ee Cell: +372 55652857
Transport	Kädy Kampus	email: kady@powerlifting.ee Cell: +372 56236312
Technical Secretary	Alexander Andrusenko	email: alexander@powerlifting.ee Cell: +372 5247989
Host City	Tartu, Estonia	
Date	4 th – 9 th December 2023	
Venue	University of Tartu Sports Centre – Athletics Hall Ujula 4, Tartu, 51008, Estonia	
Technical Meeting	Sunday, 3 rd December 2023, 19:00 at the University of Tartu Sports Centre	



Hotel	Dorpat, Soola 6, Tartu, 51004, www.dorpat.ee/en
Hotel Rates	Prices for night per room Single room: 90 € per night, including breakfast Double room: 115 € per night, including breakfast

All athletes, coaches, referees or officials from each federation must stay in the official hotel for all days in attendance of the championship. Accreditation is issued in accordance with the number of hotel booking days. If athletes, coaches, referees or officials do not stay in the official hotel, they will be obliged to pay an administration fee of 100 € per person to the organizer. Failure to comply will have the effect they will not receive accreditation and will be excluded from that championship (EPF By-laws 105.7).

All room bookings must be done by the National Federation through the official Jelena Andrusenko, email: accommodation@powerlifting.ee, Cell: +372 55652857

The organizer will not be responsible for any hotel bills of the participating nations.

The accommodation fees shall be payable by bank transfer against the invoice as follows:

1. Credit card on arrival;
2. Bank transfer against the invoice (Eesti Jõutõsteliit EE592200001120201788 Swedbank AS Liivalaia 8, 15040 Tallinn SWIFT kood/BIC HABAE2X)

Payment must be received at the bank account mentioned on the invoice at the latest 21 days prior to the beginning of the Championship.

All rooms must be booked at the latest with the deadline of the preliminary nomination. After the deadline, the organizer cannot guarantee the accommodation.

13th November, 2023 is the latest date for any removal of nominated lifters, cancellation of booked hotel rooms or change in the number of ordered banquet tickets.

If not cancelled in time, national federation has to pay the reserved hotel rooms (if the hotel requires such payment), the participation fee, the doping fee and the banquet fee for all lifters and officials specified at the final nomination form.

International Airport for Arrival	Tallin Airport
Arrivals/Transportation	Transport from Tallinn Airport to Tartu Hotel Dorpat will be by public bus. The bus leaves every 30 minutes and takes 2 hours and 30 minutes, with stop just across the hotel. Price for round trip is 15 € when purchased online at www.luxexpress.eu or www.tpilet.ee/en/ .

Scales	Scales available at the official hotel
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Training	Training facilities available at the venue
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Flag and anthem	Flags and Anthems will be provided
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Opening Ceremony	Monday 4 th December, 14:30 at the Venue. One representative from each participating country shall take part at the Ceremony.
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Closing Banquet	Saturday, 9 th December at 19:30 <u>Home - Kohvik Newton</u> Sadama 1, 51004 Tartu Price per ticket for one person: 35 EUR The number of banquet tickets must be ordered at the Nomination form. Tickets for the banquet can be paid to the account of the organizer against the invoice or at the venue of accreditation. Payment in advance for banquet tickets is recommended.
Participation Fee	90,00 EUR for each lifter must be paid by bank transfer to the EPF bank account before the Technical Meeting. EPF invoice will be sent by the EPF Treasurer 14 days before the Technical Meeting.
Anti-Doping Fee	60,00 EUR for each lifter must be paid by bank transfer to the EPF bank account before the Technical Meeting. EPF invoice will be sent by the EPF Treasurer 14 days before the Technical Meeting.
All invoices are published at the EPF web (www.europowerlifting.org) under "SERVICES" >> "INVOICES".	
Health and Travel Insurance	All delegates must have a valid health insurance. The organizer and the EPF will not incur any expenses for a doctor or hospital. We recommend travel insurance for covering loss of luggage, theft, delayed planes, ect.

Anti-Doping Information:

For the European Open Classic Powerlifting Championships

Each participant is **strictly liable** for any substance found in your body (or specimen). Each participant may be charged with anti-doping rule violation for the presence or use of a prohibited substance or method, whether its use was intentional or not.

Always check your medications and supplements before consuming them to make sure they do not contain any substances or methods included on the [WADA Prohibited List](#).

[Educate](#) yourself on the risks of [taking supplements](#) and minimize your risk.

All Sub-Junior & Junior athletes **must** successfully complete education through the World Anti-Doping Agencies (WADA) online education platform ([ADeL](#)) in order to be able to compete. Each national federation must submit all the participating athletes' completed certificates from ADeL with the nomination for the registration to be complete.

Understand and [educate](#) yourself on your [rights and responsibilities](#) as an athlete, including but not limited to:

- requirements for submitting whereabouts information
- rights and responsibilities during [sample collection](#)
- responsibility to avoid the use of prohibited substances and methods
- consent to the use of your information
- obligations to follow the [IPF Anti-Doping Rules](#) and all consequences deriving therefrom

All athletes participating at this event are classified as an International Level Athlete.

As an International Level Athlete, if you have a medical condition for which you need to take a medication or use a therapeutic method that is prohibited under the WADA Prohibited List, apply for a Therapeutic Use Exemption (TUE) to the appropriate organization (IPF or NADO) prior to the start of its use and at least 30 days before competing.



For athletes competing in the Sub-Junior and Masters level categories, you are not required to apply for a TUE in advance of being tested. However, if you do compete in one of these categories and you are taking a medication that contains a prohibited substance you will be required to apply for a TUE retroactively should you be selected for doping control at this event.

For all anti-doping related questions, please contact ipfantidoping@cces.ca.

Nominations

Team nomination forms must be sent to:

the Meet Director Peep Pall - email: peep@sbdestonia.ee and

the EPF Championship Secretary Tero Hyttinen - email: tero@europowerlifting.org

Preliminary

Thursday, **5th October 2023** (Preliminary nomination must be formed in each nation's personal Goodlift account and the complete filled in preliminary form must be sent to the Meet Director and EPF Championship Secretary)

Final

Monday, **13th November 2023** (the latest date for any removal of nominated lifters or cancellation of booked hotel rooms)
National federations are bound to pay the reserved hotel rooms, participation and doping fees for all lifters specified at the final nomination form

Final Timetable

(Updated 19.11.2023)

Day	Weigh In Time	Classes		Start	End	Lifters
Sunday 03.12.2023		Technical Meeting		19:00		
Monday 04.12.2023	08:00-09:30	Women	-47 kg and 52 kg B-group	10:00	13:00	8
		Women	-52 kg A-Group			8
		Opening Ceremony		14:00		
	13:00-14:30	Men	-59 kg, -66 kg	15:00	19:15	13
Men		-74 kg	11			
Tuesday 05.12.2023	09:00-10:30	Women	-57 kg (B Group)	11:00	14:15	10
		Men	-83 kg (B Group)			10
	13:00-14:30	Women	-57 kg (A Group)	15:00	18:40	10
		Men	-83 kg (A Group)			10
Wednesday 06.12.2023	09:00-10:30	Women	-63 kg (B Group)	11:00	13:45	7
		Men	-93 kg (B Group)			9
	13:00-14:30	Women	-63 kg (A Group)	15:00	18:15	8
		Men	-93 kg (A Group)			9
Thursday 07.12.2023	09:00-10:30	Women	-69 kg (B Group)	11:00	13:45	8
		Men	-105 kg (B Group)			8
	13:00-14:30	Women	-69 kg (A Group)	15:00	18:15	8
		Men	-105 kg (A Group)			9
Friday 08.12.2023	09:00-10:30	Women	-76 kg (B Group)	11:00	14:00	9
		Men	-120 kg (B Group)			8
	13:00-14:30	Women	-76 kg (A Group)	15:00	18:30	10
		Men	-120 kg (A Group)			9
Saturday 09.12.2023	08:00-09:30	Women	-84 kg	10:00	13:15	10
		Women	+84 kg			7
	12:30-14:00	Men	+120 kg	14:30	17:30	13
		Banquet		19:30		



Important Items to Remember

Nomination of athletes and officials to International Events shall be received by the Championship Secretary with copy to the Meet Director within the following time limits:

- Preliminary nomination not later than 60 days prior to an International Event.
- Final nomination, submitted not later than 21 days prior to an International Event, must be made from those nominated in the preliminary nomination.

According to the IPF Technical Rules [Page 4, item 7] on the submitted Final Nomination Form you must send the finalized list the athletes that will take part in the championship. At the Technical Meeting you can only delete athletes from your final nomination form and no one can change weight classes.

Changes may occur to the timetable of events. All changes will take place at the Technical Meeting that will be held on Sunday, 03rd December 2023 at 19:00.

A federation participating with more than 3 lifters is obliged to nominate at least one referee and a nation with more than 14 lifters is obliged to nominate at least two referees. If a referee(s) from the nation is not present or, if present, is not available to act in the capacity of either referee or member of jury at least two days during the event, the lifters are allowed to take part, but a fine of Euro 1000 has to be paid by the nation for each missing referee (EPF By-laws 105.13). Each nominated referee must be available minimum two days.

For referees **20th November, 2023** is last day for changes of categories for which referee has been allocated in the final nomination which his national federation indicated in the Goodlift system.

Referee duties, specified by the Technical Committee, are mandatory 14 days prior to the championships. Any changes, withdrawal or no show up by a referee regarding the allocated duty at or after the Technical Meeting, may impose a warning or €100 in fine dependent of the reason. However, federations may allocate duties between their own referees latest at the Technical Meeting upon agreement by the appointed Technical Committee member (EPF By-laws 105.13.2).

If referee's examination is arranged, the written examinations will be done on Monday 4th December, all candidates will do this exam together. EPF Technical Committee will decide about the date and time for each candidate to make the practical examinations. Organiser will prepare a room for written examination.

Victory Ceremonies will be held at the end of each lifting session. It will be absolutely mandatory that each athlete wear their national team tracksuit for the award presentation.

If the organizer does not receive confirmed cancellations of hotel rooms at least 21 days prior to the championship, all hotel costs will be the responsibility of nominated lifters and officials. The same shall apply to participation and Anti-Doping fees.

All participating nations in European championships should be represented at the Technical Meeting. If a representative of a participating nation is absent at the Technical Meeting prior to the European championship or has not informed about his/her absence by confirming the participation of his/her federation's nominated lifters (by e-mail) a fine of 250 Euro will be imposed to the concerned national federation (EPF By-laws 105.6).

The confirmation of absence from Technical Meeting must be sent between the date of the final nomination and the start of the Technical Meeting to the EPF Championship Secretary Tero Hyttinen, email: tero@europowerlifting.org with a copy to the EPF Treasurer Xavier de Puytorac, email: xavier@europowerlifting.org. The confirmation must include changes in the list of referees and changes in the final nomination.



Indemnity & Insurance: All participating federations and its delegated athletes and officials agree to indemnify and not hold the organizing committee accountable for and against any claims for personal injury, financial loss, death or property damage, in any form, arising out of or in any way resulting from the participation in, postponement or cancellation of this European Championships.

Bjørn Astad
EPF President

Peep Päll
Meet Director

Tero Hyttinen
EPF Championships Secretary