



OFFICIAL INVITATION

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

EUROPEAN SUB JUNIOR&JUNIOR&OPEN&MASTER EQUIPPED&CLASIC BENCH PRESS CHAMPIONSHIP 05-11 August 2024 İstanbul - Türkiye

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	Gütrhan Gürler	email: gurhansh@gmail.com Cell: +90 506 531 78 92 (whatsapp)
Correspondence	Ozan Erkan Kumit	email: ozanerkankumitt@gmail.com Cell: +90 507 650 74 18
Visa support	Ozan Erkan Kumit	email: ozanerkankumitt@gmail.com Cell: +90 507 650 74 18
Nominations	Ahmet Kerem Konak	email: yonetim@powerlifting.org.tr Cell: +90 530 628 86 10
EPF Championship Secretary	Tero Hyttinen	email: tero@europowerlifting.org Cell: +358 44 309 2263
Accommodation	Ozan Erkan Kumit	email: ozanerkankumitt@gmail.com Cell: +90 507 650 74 18
Transport	Ali Yüksel	email: aliyuksel1903@gmail.com Cell: +90 532 560 19 03
Technical Secretary	Cengizhan Öztürk	email: yonetim@powerlifting.org.tr Cell: +90 530 628 86 10
Host City	İstanbul	
Date:	5 th - 11 th of August 2024	
Venue	PULLMAN HOTEL CONVENTIONAL CENTER Yenibosna Merkez, 1. Asena Sk. No:15, Bahçelievler/Istanbul	
Technical Meeting	04th of August 2024 at 20:00, Meeting and Conference Hall of PULLMAN HOTEL CONVENTIONAL CENTER Yenibosna Merkez, 1. Asena Sk. No:15, Bahçelievler/Istanbul	



Hotel	PULLMAN HOTEL CONVENTIONAL CENTER Yenibosna Merkez, 1. Asena Sk. No:15, Bahçelievler/Istanbul
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Hotel Rates	Prices for night per room Single room: 120 € per night, including breakfast. Double room: 140 € per night, including breakfast
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All accredited athletes, coaches, officials and referees nominated by their national federation for an international or world championship event, must stay in the official hotel(s) designated by the organizer. An accreditation badge shall not be issued to a nominated athlete, coach, official or referee that is not staying in the hotel. Additionally, the issued credential shall match the number of days they will be officially participating in the event. If an athlete, coach, referee or official does not stay in the hotel, they shall not receive accreditation and shall be excluded from the event.

All room bookings must be done by the National Federation through the official : Ozan Erkan Kunit

email: yonetim@powerlifting.org.tr, Cell: +90 530 628 86 10

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:

- Credit card on arrival;
- Bank transfer against the invoice IBAN: TR43 0004 6001 9803 6000 1182 47
account holder: TR POWERLIFTING SPOR ORG.LTD.ŞTİ

Payment must be received at the bank account mentioned on the invoice at the latest 45 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.

15th of July 2024 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	Istanbul Airport (IST)
Arrivals/Transportation	40 € per person both ways

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	5th of August 2024 at 13:30 at the Venue. One representative from each participating country shall take part at the Ceremony.
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Closing Banquet	11th of August 2024 at 20:00 Price per ticket for one person: 35 EUR
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	<p>The number of banquet tickets must be ordered at the Nomination form.</p> <p>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.</p>
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.
Coach Participation Fee	50,00 EUR for each coach 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 **and coaches must** successfully complete education through the World Anti-Doping Agencies (WADA) online education platform ([ADeL](#)) in order to be able to compete **or coach**. 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 Master’s 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 Gürhan Gürler- email: gurhansh@gmail.com and the EPF Championship Secretary Tero Hyttinen - email: tero@europowerlifting.org
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Preliminary	6th of June 2024 (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)
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Final	15th of July 2024 (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
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Provisional Timetable, (Updated 15.6.2024)

(Weigh in and Start time are subject to change after final nomination)

Day	Weigh In Time	Classes	Start	End	Lifters	
Sunday 04.08.2024	Technical Meeting		20:00			
Classic Bench Press						
Monday 05.08.2024	09:00 – 10:30	Women	M4 all	11:00	12:30	8
		Women	M3 all			15
	Opening Ceremony			13:00		
	12:00 – 13:30	Women	M2 47 – 69 kg	14:00	16:00	16
		Women	M2 76 – 84+ kg			15
	14:30 – 16:00	Men	M4 all	16:30	18:30	11
Men		M3 all	22			



Tuesday 06.08.2024	08:00 – 09:30	Men	M2 59 – 83 kg	10:00	12:30	21	
		Men	M2 93 – 105 kg			13	
		Men	M2 120 – 120+ kg			12	
	12:00 – 13:30	Women	M1 47 – 63 kg	14:00	16:00	13	
		Women	M1 69 – 84+ kg			18	
	14:40 – 16:00	Men	M1 59 – 74 kg	16:30	19:00	10	
		Men	M1 83 – 93 kg			11	
		Men	M1 105 – 120+			18	
	Wednesday 07.08.2024	08:00 – 09:30	Women	Sub Jun 43 – 57 kg	10:00	12:30	10
Women			Sub Jun 63 – 84+ kg	16			
Men			Sub Jun 53 – 66 kg	18			
11:00 – 12:30		Men	Sub Jun 74 – 83 kg	13:00	15:30	16	
		Men	Sub Jun 93 – 120+kg			21	
14:00 – 15:30		Women	Jun 43 – 57 kg	16:00	18:30	14	
		Women	Jun 63 – 69 kg			14	
		Women	Jun 76 – 84+ kg			15	
17:00 – 18:30		Men	Jun 53 – 66 kg	19:00	21:00	10	
		Men	Jun 74 kg			13	
		Men	Jun 83 kg			12	
19:30 – 21:00		Men	Jun 93 – 105 kg	21:30	23:30	17	
		Men	Jun 120 – 120+ kg			15	
Thursday 08.08.2024		08:00 – 09:30	Men	Open 59 – 74 kg	10:00	12:30	17
			Men	Open 83 kg			15
	Men		Open 93 kg	9			
	10:30 – 12:00	Women	Open 47 – 52 kg	12:30	14:30	12	
		Women	Open 57 kg			11	
		Women	Open 63 kg			11	
	13:00 – 14:30	Women	Open 69 – 76 kg	15:00	16:30	14	
		Women	Open 84 – 84+ kg			11	
	15:00 – 16:30	Men	Open 105 kg	17:00	19:00	15	
		Men	Open 120 – 120+ kg			18	
Banquet				20:00			



Equipped Bench Press

Friday 09.08.2024	08:00 – 09:30	Men	M4 all and M3 59 – 83 kg	10:00	12:00	13
		Men	M3 93 – 120+ kg			13
	10:30 – 12:00	Women	M4 and M3 all and M2 47 – 57 kg	12:30	15:00	14
		Women	M2 63 – 84+ kg			17
		Women	M1 all			14
	13:30 – 15:00	Men	M2 59 – 93 kg	15:30	17:30	17
		Men	M2 105 – 120+ kg			19
	16:00 – 17:30	Men	M1 59 – 93 kg	18:00	20:00	11
		Men	M1 105 – 120+ kg			17
	Saturday 10.08.2024	08:00 – 09:30	Men	Sub Jun 53 – 74 kg	10:00	11:30
Men			Sub Jun 83 – 120+ kg	13		
10:00 – 11:30		Men	Jun 59 – 93 kg	12:00	14:00	19
		Men	Jun 105 – 120+ kg			14
12:30 – 14:00		Women	Sub Jun 47 – 63 kg	14:30	16:00	12
		Women	Sub Jun 69 – 84+ kg			10
14:30 – 16:00		Women	Jun 43 – 63 kg	16:30	18:00	13
		Women	Jun 69 – 84+ kg			12
Sunday 11.08.2024	08:00 – 09:30	Women	Open 47 – 57 kg	10:00	12:30	13
		Women	Open 63 – 69 kg			15
		Women	Open 76 – 84+ kg			15
	11:00 – 12:30	Men	Open 59 – 74 kg and SOI	13:00	14:30	13
		Men	Open 83 kg			9
	13:00 – 14:30	Men	Open 93 – 105 kg	15:00	17:30	20
		Men	Open 120 – 120+ kg			16
	Banquet				20:00	



Important Items to Remember

Nomination of athletes and officials to International Events shall be received by the Championship Secretary with a 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 **4th of August 2024 at 20:00**.

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. **Instead of two referees for two days it is also possible to send one referee for four days (in case nation have more than 14 lifter).**

For referees **22nd of July 2024** 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 Tuesday 5th of August, 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 indemnity 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

Gürhan Gürler
Meet Director

Tero Hyttinen
EPF Championship Secretary