



WESTERN EUROPEAN  
**EQUIPPED  
& CLASSIC** MALTA  
POWERLIFTING CHAMPIONSHIP 2024

## OFFICIAL INVITATION

The European Powerlifting Federation  
and  
Malta Powerlifting Association  
invite

following the EPF member nations: France, Austria, Belgium, Cyprus, Denmark, Finland, France, Germany, Great Britain, Greece, Iceland, Ireland, Italy, Luxembourg, Malta, Netherlands, Norway, Portugal, Spain, Sweden and Switzerland to participate in the

### XV WESTERN EUROPEAN OPEN POWERLIFTING CHAMPIONSHIP Equipped & Classic 13. – 15.9.2024 St Paul's Bay, Malta

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.

<b>Meet Director:</b>	Name: Mauro Gasan Address: 159, Vjal il-Helsien, Haz-Zebbug ZBG2076, Malta Phone: +356 79334479 E-mail: <a href="mailto:mauro@madletiks.com">mauro@madletiks.com</a>
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<b>Correspondence</b>	Name: Mauro Vassallo Phone: +356 99666623 E-mail: <a href="mailto:mvasallo@petiteevents.com">mvasallo@petiteevents.com</a>
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<b>Visa support</b>	Name: Mauro Vassallo Phone: +356 99666623 E-mail: <a href="mailto:mvasallo@petiteevents.com">mvasallo@petiteevents.com</a>
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<b>Nominations</b>	Name: Mauro Gasan Address: 159, Vjal il-Helsien, Haz-Zebbug ZBG2076, Malta Phone: +356 79334479 E-mail: <a href="mailto:mauro@madletiks.com">mauro@madletiks.com</a>
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<b>EPF Championship Secretary</b>	Tero Hyttinen	email: <a href="mailto:tero@europowerlifting.org">tero@europowerlifting.org</a> Cell: +358 44 309 2263
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<b>Accommodation</b>	Name: Denise Dalli Phone: +356 99666621 E-mail: <a href="mailto:denise@petiteevents.com">denise@petiteevents.com</a>
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<b>Transport</b>	Name: Denise Dalli Phone: +356 99666621 E-mail: <a href="mailto:denise@petiteevents.com">denise@petiteevents.com</a>
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<b>Technical Secretary</b>	<b>Name</b>	email:
		Cell:

<b>Host City</b>	St Paul’s Bay, Malta
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<b>Date</b>	<b>13<sup>th</sup> – 15<sup>th</sup> September, 2024</b>
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<b>Venue</b>	Oracle Conference Centre, Double Tree by Hilton, St Paul’s Bay, SPB2402, Malta
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<b>Technical Meeting</b>	Thursday 12 <sup>th</sup> September at 20:00 hours, Oracle Conference Centre
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<b>Hotel</b>	Double Tree By Hilton
<b>Address :</b>	Qawra, SPB2402
<b>Phone:</b>	+356 2355 2355

<b>Hotel Rates</b>	<b>Prices per room per night with breakfast, including City tax</b>
<b>of €00.50 per person per night</b>	

Rates on BB Basis  
 €200.50 EURO (Standard single room – 1 adult)  
 €211.00 EURO (Standard double/twin room – 2 adults)

Supplements  
 €35.50 EURO – Supplement for 3<sup>rd</sup> person sharing (sofa bed) with 2 adults  
 €114.00 EURO – Supplement for Queen Two Bedroom Family room  
 €21.00 EURO per person – HB+ (including unlimited drinks)  
 €42.00 EURO per person – FB+ (including unlimited drinks)  
 €49.00 EURO per person – All Inclusive

Minimum Length of Stay  
 3 nights on BB, HB and FB  
 5 nights on All Inclusive

Reductions  
 Kids below 12 years (-12 years) complimentary when sharing with adults on same board

basis.

Concessions  
 Complimentary mineral water in the room on arrival



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Free safety deposit box in the room

Complimentary Wi-Fi in all areas of the hotel

Free use of indoor pool, sauna, Jacuzzi and fitness room

### Please note

- **Rooms are quoted per room per night including breakfast but excluding Eco-Tax**
- **Accommodation is limited thus it will be on first come first serve basis.**
- **(Accommodation is guaranteed for all who will book until the end of the preliminary nomination)**
- **Free cancelation of the hotel rooms until 21 days prior the championship (23<sup>rd</sup> August 2024)**

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 website [www.epfmalta.com](http://www.epfmalta.com) or otherwise contacting Denise, responsible for Accommodation on [denise@petiteevents.com](mailto:denise@petiteevents.com)

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

MADLETIKS LIMITED  
Flavio Court, Flat 3, Triq it-Tempju  
Qala QLA1062, Gozo, Malta

IBAN NR - MT06APSB77013000000044247520015  
SWIFT CODE – APSBMTMT

Payment must be received at the bank account mentioned on the invoice at the latest 15 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.

**Date** 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	Malta International Airport
<b>Arrivals/Transportation</b> <p>Transfers need to be pre-booked.</p> <p>€45.00 - Taxi – 3 people + Luggage €70.00 - Peugeot 8-seater + luggage €85.00 - 16-seater Minivan €95.00 - 18-seater Minivan €100.00 – 22-seater Minivan</p> <p>Booking &amp; Payment – <a href="http://www.epfmalta.com/transportation/">http://www.epfmalta.com/transportation/</a> Payment by Credit Card. Transfer Tickets and Payment confirmation are received instantly via email. (Please check your Spam/ Junk just in case you don't receive anything once payment is processed)</p> <p>Deadline – Wednesday 4<sup>th</sup> September 2024.</p>	
<b>Scales</b>	Scales will also be available at the venue. The Scales will be available minimum 2 days prior to the first competition day.
<b>Training</b>	Training will be available at the venue in specified area for accredited persons only
<b>Flag and anthem</b>	Flags and Anthems will be provided
<b>Opening Ceremony</b>	13 <sup>th</sup> September at the Venue. One representative from each participating country shall take part at the Ceremony.
<b>Closing Banquet</b>	<b>15<sup>th</sup> September at 20:00 hours</b> , Double Tree by Hilton Price per ticket for one person: €42.00 EUR <a href="http://www.epfmalta.com/closing-banquet/">http://www.epfmalta.com/closing-banquet/</a> 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.
<b>Participation Fee</b>	<b>90,00 EUR</b> for each lifter must be paid by bank transfer <b>to the EPF bank account</b> before the Technical Meeting. EPF invoice will be sent by the EPF Treasurer 14 days before the Technical Meeting.
<b>Anti-Doping Fee</b>	<b>60,00 EUR</b> for each lifter must be paid by bank transfer <b>to the EPF bank account</b> 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](http://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](mailto:ipfantidoping@cces.ca).

### Nominations

Team nomination forms must be sent to:

the Meet Director **name** - email: and

the EPF Championship Secretary Tero Hyttinen - email: [tero@europowerlifting.org](mailto:tero@europowerlifting.org)



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MALTA  
2024

### **Teams**

Invited from each team) both for Equipped and Classic competitions. Team nominations are done by each federation by the IPF electronic nomination system. Only organizing federation can nominate two teams Women and Men. At the Technical Meeting it must be specified the members of A and B team. In each weight category, the first three lifters will receive medals for the total. All participants will receive certification and/or memory awards.

### **Preliminary**

**Monday 15<sup>th</sup> July 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)

### **Final**

**Friday 23<sup>rd</sup> August 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



## Final Timetable

(24.8.2024)

Day	Weigh In Time	Classes		Start	End	Lifters
<b>Thursday</b> 12.09.2024		<b>Technical Meeting</b>		<b>20:00</b>		
<b>Classic Powerlifting</b>						
<b>Friday</b> 13.09.2024	09:00 – 10:30	Women	-47, 52 kg	11:00	15:00	8
		Women	-57 kg			8
		Women	-63 kg			7
		<b>Opening Ceremony</b>		<b>15:30</b>		
	14:00 – 15:30	Men	-59 to 83 kg	16:00	19:30	10
Men		-93 kg	8			
<b>Saturday</b> 14.09.2024	09:00 – 10:30	Women	-69 kg	11:00	15:30	8
		Women	-76 kg			7
		Women	-84 and 84+ kg			10
	14:00 – 15:30	Men	-105 kg	16:00	19:100	9
		Men	-120 and 120+ kg			7
<b>Equipped Powerlifting</b>						
<b>Sunday</b> 15.09.2024	08:00 – 09:30	Women	-all	10:00	13:00	12
	12:00 – 13:30	Men	-all	14:00	17:00	14
	<b>Banquet at 20:00</b>					



## 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 Thursday, 12<sup>th</sup> September 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.

For referees **30<sup>th</sup> August, 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 Monday 4<sup>th</sup> 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](mailto:tero@europowerlifting.org) with a copy to the EPF Treasurer Xavier de Puytorac, email: [xavier@europowerlifting.org](mailto: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

Mauro Gasan  
Meet Director

Tero Hyttinen  
EPF Championships Secretary