



## OFFICIAL INVITATION

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

### EUROPEAN SUB-JUNIOR AND JUNIOR CLASSIC POWERLIFTING CHAMPIONSHIP 5 – 13 October 2024 Pilsen, Czechia

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>	Miroslav Vacek	email: <a href="mailto:vacek@powerlifting.cz">vacek@powerlifting.cz</a>
<b>Correspondence</b>	Zdenek Tuhacek	email: <a href="mailto:cpf@powerlifting.cz">cpf@powerlifting.cz</a> Cell: +420 774 998 195
<b>Visa support</b>	Zdenek Tuhacek	email: <a href="mailto:cpf@powerlifting.cz">cpf@powerlifting.cz</a> Cell: +420 774 998 195
<b>Nominations</b>	Miroslav Vacek	email: <a href="mailto:vacek@powerlifting.cz">vacek@powerlifting.cz</a>
<b>EPF Championship Secretary</b>	Tero Hyttinen	email: <a href="mailto:tero@europowerlifting.org">tero@europowerlifting.org</a> Cell: +358 44 309 2263
<b>Accommodation</b>	Vojtech Duraj Tereza Cihova	email: <a href="mailto:powerlifting@parkhotel-czech.eu">powerlifting@parkhotel-czech.eu</a> email: <a href="mailto:powerlifting@parkhotel-czech.eu">powerlifting@parkhotel-czech.eu</a> Cell: +420 608 111 702
<b>Transport, banquet</b>	Alyona Vassilkova	email: <a href="mailto:transport-banquet@seznam.cz">transport-banquet@seznam.cz</a> Cell: +420 774 896 694
<b>Technical Secretary</b>	Ivan Karpisek	email: <a href="mailto:karpisek42@gmail.com">karpisek42@gmail.com</a>
<b>Host City</b>	<b>Pilsen</b>	
<b>Date</b>	<b>5<sup>th</sup> – 13<sup>th</sup> of October 2024</b>	
<b>Venue</b>	<b>Parkhotel Congress Center Pilsen</b> , U Borskeho Parku 2791/31, 320 02 Pilsen, Czech Republic	
<b>Technical Meeting</b>	<b>4<sup>th</sup> of October 2024 at 20:00</b> <b>Parkhotel Congress Center Pilsen</b> , U Borskeho Parku 2791/31 320 04 Pilsen, Czech Republic	



<b>Hotel 1:</b>	<b>Parkhotel Congress Center Pilsen</b> , U Borskeho Parku 2791/31, 320 02 Pilsen, Czech Republic, <a href="http://www.parkhotel-czech.eu">www.parkhotel-czech.eu</a>
<b>Hotel 1 Rates</b>	Prices for night per room - Main Building Single room: 2.390 CZK (Approx. 96 €) per night, including breakfast Double room: 2.990 CZK (Approx. 120 €) per night, including breakfast Triple room: 3.555 CZK (Approx. 144 €) per night, including breakfast <b>City tax 25 CZK (Approx. 1 €) per person and night</b>
<b>Hotel 1 Rates</b>	Prices for night per room - Annex Building Single room: 2.150 CZK (Approx. 86 €) per night, including breakfast Double room: 2.650 CZK (Approx. 102 €) per night, including breakfast Triple room: 3.255 CZK (Approx. 132 €) per night, including breakfast <b>City tax 25 CZK (Approx. 1 €) per person and night</b>
<b>Hotel 2</b>	<b>Hotel Ibis Pilsen</b> , Univerzitni 65, 301 00 Pilsen, Czech Republic <a href="http://www.hotelibisplzen.cz">www.hotelibisplzen.cz</a>
<b>Hotel 2 Rates</b>	Prices for night per room Single room: 2.050 CZK (Approx. 82 €) per night, including breakfast Double room: 2.450 CZK (Approx. 98 €) per night, including breakfast Triple room: 3.000 CZK (Approx. 120 €) per night, including breakfast <b>City tax 25 CZK (Approx. 1 €) per person and night</b>
<b>Shuttle</b>	Free transport from hotel IBIS to the Venue will be provided according to a transport schedule.

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 **Vojtech DURAJ or Tereza CIHOVA**, email: [powerlifting@parkhotel-czech.eu](mailto:powerlifting@parkhotel-czech.eu), Cell: +420 608 111 702

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.** Payment must be received at the bank account mentioned on the invoice at the latest **7 days** prior to the beginning of the Championship (**28th of September 2024**).

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

**14<sup>th</sup> of September 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.



<b>International Airport for Arrival/ Departures</b>	Vaclav Havel Airport Prague
<b>Arrivals/ Departures/Transportation – Vaclav Havel Airport Prague:</b>	
Transport from Prague airport to hotel in Pilsen	
When arriving 1 person: 2.500 CZK (Approx. 100 EUR) per person/one way	
When arriving 2 people: 1.500 CZK (Approx. 60 EUR) per person/one way	
When arriving 3 people: 1.200 CZK (Approx. 48 EUR) per person/one way	
When arriving 4 or more people: 1.000 CZK (Approx. 40 EUR) per person/one way	
Please send your detailed travel itinerary using the Transport-Banquet Form to:	
<b>Aliona Vassilkova</b> - e-mail: <a href="mailto:transport-banquet@seznam.cz">transport-banquet@seznam.cz</a>	
The transport order must be sent at the latest with the deadline of the final nomination – <b>15<sup>th</sup> of September 2024 (21 days prior to the date of the Championship)</b> .	
<b>Transport must be paid in advance on account of the organizer against the invoice in CZK.</b> Payment must be received at the bank account mentioned on the invoice at the latest <b>7 days</b> prior to the beginning of the Championship ( <b>28th of September 2024</b> ). If you order the transport, you must pay for it even if you later decide not to use it.	
<b>Scales</b>	Scales available at the official hotels
<b>Training</b>	Training facilities available at the Venue
<b>Flag and anthem</b>	Flags and Anthems will be provided
<b>Opening Ceremony</b>	<b>5<sup>th</sup> of October 2024 at 15:00</b> at the Venue. One representative from each participating country shall take part at the Ceremony.
<b>Closing Banquet</b>	<b>13<sup>th</sup> of October 2024 at 20:00</b> at the Venue. Price per ticket for one person: <b>1.000 CZK</b> (Approx. € 40) <b>(buffet, soft drinks, beer, wine included)</b>  The number of banquet tickets must be ordered at the transport-banquet form. Tickets for the banquet can be paid to the account of the organizer against the invoice or in cash 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:

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 Miroslav Vacek - email: [vacek@powerlifting.cz](mailto:vacek@powerlifting.cz) and

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



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**Preliminary**

**6<sup>th</sup> of August 204** (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**

**14<sup>th</sup> of September 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



## Provisional Timetable

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

Friday 04.10.2024		Technical Meeting		20:00			
Day	Weigh in	Sub-Juniors		Start	End	Lifters	
Saturday 05.10.2024	08:00 – 09:30	Women	-43-52 kg	10:00	14:00	12	
		Men	-53-59 kg			9	
		Opening Ceremony		15:00			
	14:00 – 15:30	Women	-57 kg	16:00	20:00	13	
Men		-66 kg	7				
Sunday 06.10.2024	09:00 – 10:30	Women	-63-69 kg	11:00	16:00	13	
		Men	-74 kg			14	
	15:00 – 16:30	Men	83 kg B Group	17:00	20:00	7	
		Men	83 kg A Group			8	
Monday 07.10.2024	09:00 – 10:30	Women	-76 kg	11:00	15:00	10	
		Women	-84-84+ kg			12	
	14:00 – 15:30	Men	-93 kg B Group	16:00	19:30	7	
		Men	-93 kg A Group			8	
Tuesday 08.10.2024	09:00 – 10:30	Men	-105 kg	11:00	14:00	7	
		Men	-120-120+ kg			9	
		Weigh in	Juniors		Start	End	Lifters
	13:00 – 14:30	Women	-43-52 kg	15:00	18:30	14	
Men		-53-59 kg	5				
Wednesday 09.10.2024	09:00 – 10:30	Men	-66 kg	11:00	15:00	12	
		Men	-74 kg			13	
		Extra ordinary General Assembly		18:00			
Thursday 10.10.2024	09:00 – 10:30	Women	-57 kg B Group	11:00	14:30	8	
		Men	-83 kg B Group			12	
	13:30 – 15:00	Women	-57 kg A Group	15:30	19:30	8	
		Men	-83 kg A Group			12	



<b>Friday 11.10.2024</b>	09:00 – 10:30	Women	-63 kg B Group	11:00	14:30	8
		Men	-93 kg B-Group			11
	13:30 – 15:00	Women	-63 kg A Group	15:30	19:30	9
		Men	-93 kg A Group			11
<b>Saturday 12.10.2024</b>	09:00 – 10:30	Women	-69 kg B Group	11:00	14:30	10
		Men	-105 kg B Group			8
	13:00 – 14:30	Women	-69 kg A Group	15:00	19:00	11
		Men	-105 kg A Group			8
<b>Sunday 13.10.2024</b>	08:00 – 09:30	Women	-76 kg	10:00	14:00	12
		Women	-84 and 84+ kg			10
	12:30 – 14:00	Men	-120 kg B Group	14:30	18:30	8
		Men	-120 kg A Group			8
		Men	-120+ kg			5
		<b>Banquet</b>				<b>20:00</b>



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### 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 Friday, **04<sup>th</sup> of October 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 **21<sup>st</sup> of September, 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 **Saturday 05th of October**, 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. Organizer 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.





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**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

Miroslav Vacek  
Meet Director

Tero Hyttinen  
EPF Championships secretary