



OFFICIAL INVITATION

The European Powerlifting Federation
and
Spanish Powerlifting Association AEP
invite
the EPF member nations to participate in the

EUROPEAN OPEN CLASSIC POWERLIFTING CHAMPIONSHIP from 18th to 23rd of March 2025 Alhaurin de la Torre, Malaga, Spain

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	Alejandro Rodriguez	email: vicepresaep@gmail.com Cell: +34 629 118 388 (WhatsApp only)
Correspondence	Alejandro Rodriguez	email: vicepresaep@gmail.com Cell: +34 629 118 388 (WhatsApp only)
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Nominations	Alejandro Rodriguez	email: vicepresaep@gmail.com Cell: +34 629 118 388 (WhatsApp only)
EPF Championship Secretary:	Tero Hyttinen	email: tero@europowerlifting.org Cell: +358 44 309 2263
Accommodation & Technical Issues:	Alejandro Rodriguez	email: vicepresaep@gmail.com Cell: +34 629 118 388 (WhatsApp only)
Transport	Alejandro Rodriguez	email: vicepresaep@gmail.com Cell: +34 629 118 388 (WhatsApp only)
Technical Secretary	Raquel de la Calle	email: rakelaton@gmail.com Cell: +34 690 66 50 388
Host City	Alhaurin de la Torre , Malaga, Spain	
Date	18 th – 23 rd March 2025	
Venue	Edificio Para La Promoción De La Ciudad Aeroportuaria C. la Graciosa, 29130 El Peñón, Málaga https://maps.app.goo.gl/AK7w9q2kFdtJeKUG9	



Hotel	SOL PRINCIPE HOTEL **** https://www.melia.com/es/hoteles/espana/torremolinos/sol-principe P.º del Colorado, 26, 29620 Torremolinos, Málaga Phone: +34 952 38 41 00
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Hotel Rates	Prices for night per room, buffet breakfast included Single room (one single bed): 145 € per night, per room Double room (one double or two single beds): 160 € per night, per room Triple room (one double and one single or three single beds): 225 € per night, per room Dinner or lunch costs 15 € per person per day. Bookings of five (5) nights before 31 st of December will apply a 10 % discount for using hospitality services.
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All accredited athletes, coaches, officials and referees nominated by their national federation for European championship events, 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 minimum three (3) nights. Additionally, the issued credential shall match the number of days they will be staying in the official hotel. 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 link:
<https://events.melia.com/en/events/sol-principe/European Powerlifting Malaga2025>

Booking via the link will not accept reservations later than 21 days before the event, coinciding with the final nomination deadline. After the deadline, the organizer cannot guarantee the accommodation.

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

Tuesday 25th of February 2025 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, the 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	Malaga AGP Costa del Sol “Pablo Picasso”
Arrivals/Transportation	Transportation from the Airport to the Hotel
Transportation from the airport will be at the expense of attendees. There are taxis, Bolt and Uber from the terminal to the airport with an approximate cost of 20-25 Euro per car. The distance is only 18 km. Contact of the company providing group transfers from the airport https://sunincoming.com/	

Scales	Scales available at the official Hotel Sol Principe (in the gym)
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Training	Training facilities available at the Official Hotel Sol Principe (in the gym) all day with two complete platforms
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Flag and anthem	Flags and Anthems will be provided
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Opening Ceremony	18 th of March at 17:30 at the Venue One representative from each participating country shall take part at the Ceremony
Closing Banquet	23rd March 2025 at 20:00, (at Hotel Sol Principe) Price per ticket for one person: 40 EUR The number of banquet tickets must be ordered on 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.
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 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, etc.

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 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 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.

GENERAL DATA PROTECTION

Under the GDPR, processing special categories of data, such as racial or ethnic origin, political opinions, religious or philosophical beliefs, trade union membership, genetic data, biometric data, or data concerning health, is generally prohibited.

Taking photographs of people in public is allowed and is qualified for the household exemption under Article 2(2)(c) of the GDPR.

All the participants of the EPF events are aware of and agree to be taken photos and videos of. In case of disagreement the participant must notify the EPF about it before the start of the event.

Photographs and videos taken at the EPF events is the sole property of the EPF and can be published at all EPF internet platforms including but not restricted to EPF web, social media accounts in Instagram, Facebook and TikTok. All the participants of the EPF events agree on their personal data to be collected, processed, saved and displayed in the electronic system for competition run GoodLift, at the webs: <https://goodlift.info/> and <https://www.europowerlifting.org/>.

Nominations

Team nomination forms must be sent to:

the Meet Director Alejandro Rodriguez

email: vicepresaep@gmail.com

and

the EPF Championship Secretary Tero Hyttinen -

email: tero@europowerlifting.org

Preliminary

Friday 17th of January 2025 (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

Tuesday 25th of February 2025 (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

European Open Classic Powerlifting Championship

Final Timetable

(Updated 27.02.2025)

Day	Weigh-in Time	Men/Women	Category	Start	End	Lifters
Monday, 17.03.25	Technical Meeting			19:00		
Tuesday, 18.03.25	07:00 – 08:30	Women	47 kg and 52kg (B-Group)	09:00	13:00	14
		Men	74kg (B-Group)			8
Eurosport	12:00 – 13:30	Women	52kg (A-Group)	14:00	17:00	8
		Men	74kg (A-Group)			8
Opening Ceremony				17:30	18:00	
Tuesday, 18.03.205	16:30 – 18:00	Men	59 kg	18:30	21:30	7
		Men	66 kg			9

Wednesday, 19.03.25	EPF General Assembly			09:00	13:00	
	09:00 – 10:30	Men	83 kg (C-Group)	11:00	13:00	9
	11:30 – 13:00	Women	57kg (B-Group)	13:30	17:15	13
Men		83 kg (B-Group)	9			
Eurosport	16:00 – 17:30	Women	57kg (A-Group)	18:00	21:00	8
		Men	83 kg (A-Group)			8

Thursday, 20.03.2025	07:00 – 08:30	Men	93kg (C-Group)	09:00	12:15	9
		Men	93 kg (B-Group)			10
	10:30 – 12:00	Men	105 kg (B-Group)	12:30	15:10	13
Eurosport	14:00 – 15:30	Men	93kg (A-Group)	16:00	19:00	8
		Men	105kg (A-Group)			8

Friday, 21.03.25	09:00 – 10:30	Women	63kg (B-Group)	11:00	14:10	8
		Women	69kg (B-Group)			11
	13:00 - 14:30	Women	63kg (A-Group)	15:00	18:30	8
		Women	69kg (A-Group)			11

Saturday, 22.03.25	09:00 – 10:30	Women	76kg (B-Group)	11:00	15:00	13
		Men	120kg (B-Group)			12
	14:00 – 15:30	Women	76kg (A-Group)	16:00	20:30	13
		Men	120kg (A-Group)			12

Sunday, 23.03.25	08:00 – 09:30	Women	84kg (B-Group)	10:00	13:00	8	
		Women	84kg (A-Group)			8	
	12:00 – 13:30	Women	84+ kg	14:00	17:30	7	
		Men	120+ kg			11	
	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. Best totals from National or International Championships during the previous 12 months before preliminary nomination shall be stated.
- 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 of 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 **Monday, 17th March 2025** at 20:00. Information regarding A and B group will be given at the Technical Meeting.

A federation participating with more than four (4) 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 for a minimum of two days.

For referees **4th March 2025** 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 at the latest at the Technical Meeting upon agreement by the appointed Technical Committee member (EPF By-laws 18.6).

If the referee's examination is arranged, the written examinations will be done on **Tuesday 18th January**, 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 18.2).

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

Alejandro Rodriguez
Meet Director

Tero Hyttinen
EPF Championships Secretary