



## OFFICIAL INVITATION

The European Powerlifting Federation

and

Finnish Powerlifting Federation

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

### XVI WESTERN EUROPEAN OPEN POWERLIFTING CHAMPIONSHIP

**Equipped & Classic**

**12. – 14.9.2024**

**Pornainen, Finland**

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>	Kaj Mattila	email: <a href="mailto:kaj.mattila@svn.fi">kaj.mattila@svn.fi</a> Cell +358 40 549 7462
<b>Correspondence</b>	Jarkko Saapunki	email: <a href="mailto:jarkko.saapunki@svn.fi">jarkko.saapunki@svn.fi</a> Cell: +358 44 967 6858
<b>Visa support</b>	Jarkko Saapunki	email: <a href="mailto:jarkko.saapunki@svn.fi">jarkko.saapunki@svn.fi</a> Cell: +358 44 967 6858
<b>Nominations</b>	Kaj Mattila	email: <a href="mailto:kaj.mattila@svn.fi">kaj.mattila@svn.fi</a> Cell +358 40 549 7462
<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>	Helena Rehnberg	email: <a href="mailto:epfwec2025@gmail.com">epfwec2025@gmail.com</a> Cell:+335400015965
<b>Transport, banquet</b>	Helena Rehnberg	email: <a href="mailto:epfwec2025@gmail.com">epfwec2025@gmail.com</a> Cell: +358400015965
<b>Technical Secretary</b>	Seija Skogman	email: <a href="mailto:seija@seija.fi">seija@seija.fi</a> Cell:+358408341121
<b>Host City</b>	<b>Pornainen</b>	
<b>Date</b>	12 <sup>th</sup> – 14 <sup>th</sup> of September 2025	
<b>Venue</b>	Pornaisten Yhtenäiskoulu, Koulutie 4, Pornainen	



**Technical Meeting** Thursday, 11<sup>th</sup> of September 2025, at the Skyline Airport Hotel, at 20:00

**Hotel:** **Skyline Airport hotel**  
[Skyline Airport Hotel only 5 min. with free shuttle from Helsinki-Vantaa Airport | Skyline Airport Hotel](#)  
**Shuttle from airport to hotel**  
[Airport Shuttle | Free shuttle bus to the airport | Skyline Airport Hotel](#)

**Hotel Rates** 1 person room 105 €/night,  
2-person room 115 €/night and  
3-person room 140 €/night

**Shuttle** Free transport from the Skyline Airport hotel to the Venue and return will be provided according to the timetable - detailed timetable will be published in the hotel.  
(The first bus to venue leaves approximately 1 hour before first weigh inn, bus from venue to hotel will leave after competition)

All accredited athletes, coaches, referees, and officials from each federation must stay in the official hotel for all days they require an accreditation for the event. Failure to comply will have the effect that they will not receive accreditation and will be excluded from that championship. For championships, to receive accreditation, each athlete, coach, official or referee must stay in the designated championship hotel(s) for **a minimum of two consecutive nights**. In exchange the athlete, coach, official and referee shall receive accreditation for a period of three days – the arrival, competition, and departure day.

All room bookings must be done by the National Federation through the official email: [epfwec2025@gmail.com](mailto:epfwec2025@gmail.com), Cell: +358 400 015 965.

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 **14 days** prior to the beginning of the Championship (**29<sup>th</sup> of September 2025**).

All rooms must be booked at the latest with the deadline of **22<sup>nd</sup> of August 2025**. After the deadline, the organizer cannot guarantee the accommodation.

**Friday 22<sup>nd</sup> August 2025** is the latest date for any removal of nominated lifters.

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



## International Airport for Arrival/ Departures

### Arrivals/ Departures/Transportation

Transport from Helsinki - Vantaa airport (HEL) to Skyline Airport Hotel

[Airport Shuttle](#) | [Free shuttle bus to the airport](#) | [Skyline Airport Hotel](#)

When Airport Shuttle is not working it's easiest to take a taxi to the hotel. Price for taxi is approximately 20 € from Airport to the Hotel.

### Scales

Scales available at the official hotel, 24 hours. The scales will be available 1 day prior to the first competition day.

### Training

Training will be available at the Skyline Airport hotel 1 day prior to the first competition day and then every day from 10:00 to 22:00.

### Flag and anthem

Flags and Anthems will be provided

### Opening Ceremony

**12<sup>th</sup> of September** at 15:30 at the Venue

One representative from each participating country shall take part at the Ceremony.

### Closing Banquet

**14<sup>th</sup> of September 2025** at 20:00 at the **Skyline Airport Hotel**

Price per ticket for one person: **40,00 €**  
**(buffet, soft drinks included)**

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 mandatory.

### Participation Fee

**90,00 EUR** for each lifter must be paid by bank transfer **to the EPF bank account** before the Technical Meeting. The EPF invoice will be sent by the EPF Treasurer 14 days before the Technical Meeting.

### Anti-Doping Fee

**75,00 EUR** for each lifter must be paid by bank transfer **to the EPF bank account** before the Technical Meeting. The 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 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, Sub-Junior, Junior and Masters Equipped 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 in 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 age 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).

### 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 Kaj Mattila – email: [kaj.mattila@svnl.fi](mailto:kaj.mattila@svnl.fi)  
and  
the EPF Championship Secretary Tero Hyttinen - email: [tero@europowerlifting.org](mailto:tero@europowerlifting.org)

#### **Teams**

Invited from each team both for Equipped and Classic competitions. Team nominations are done by each federation by the IPF electronic nomination system. 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 14<sup>th</sup> of July 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**

**Friday 22<sup>nd</sup> of August 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



## Provisional Timetable

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

Day	Weigh In Time	Classes		Start	End	Lifters
<b>Thursday</b> <b>11.09.2025</b>		<b>Technical Meeting</b>		<b>20:00</b>		
<b>Classic Powerlifting</b>						
<b>Friday</b> <b>12.09.2025</b>	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> <b>13.09.2025</b>	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> <b>14.09.2025</b>	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>					



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### 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 **Thursday, 11<sup>th</sup> of September 2025** at 20:00 at the Hotel. 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 must be paid by the nation for each missing referee (EPF By-laws 105.13). Each nominated referee must be available minimum two days.

For referee's **29<sup>th</sup> August 2025** is the 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 by a referee regarding the allocated duty at or after the Technical Meeting, may impose a warning or Euro 100 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 **Friday 12<sup>th</sup> September**, 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. The organizer will prepare a room for written examination.

Victory Ceremonies will be held at the end of each lifting session. It will be 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](mailto:tero@europowerlifting.org) with a copy to the EPF Treasurer Xavier de Puytorac, email:



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[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 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

Kaj Mattila  
Meet Director

Tero Hyttinen  
EPF Championships Secretary