



European Powerlifting Federation, International Powerlifting Federation and the Spanish Powerlifting Association

invite

IPF/EPF member nations to participate in the

2019 Arnold Classic Europe, in Barcelona, Spain

The competition will take place 20 – 22 September in:

- Open Equipped Bench Press - Men and Women

Prize Money - Men Women

1. Place €500 €500

2. Place €350 €350

3. Place €200 €200

- Open Classic Bench Press - Men and Women

Prize Money - Men Women

1. Place €500 €500

2. Place €350 €350

3. Place €200 €200

- Open Equipped Powerlifting - Men and Women

Prize Money - Men Women

1. Place €500 €500

2. Place €350 €350

3. Place €200 €200

- Open Classic Powerlifting Grand Prix- Men and Women

Prize Money - Men Women

1. Place €2.400 €2.400

2. Place €1.450 €1.450

3. Place €1.000 €1.000

Please note: all information is posted only for information purposes. All team selections, all official entries for the event must be done by IPF/EPF Member nations, NOT by individuals.

IPF/EPF reserves the right to limit the number of participants following the preliminary nomination if the total number is more than the capacity for 3 competition days. No restrictions on referees.

Free pass: for all lifters, referees, coaches and officials will receive passes to access the Arnold Classic Europe 2019 for all three days (except especial events at Fira Gran Via)

Please note, if an athlete, coach, referee and official gives his/her accreditation to a third person, they will be expelled from the event and he/she would be asked to pay the entrance fee.

The organization reserves the right of admission against any athlete, coach, referee or official, as well as, his/her expulsion of the venue if there is violent or illicit attitude during the event.

Meet director: Francisco Gutierrez

Address: Guadalhorce Street, 2, 2 - C

Alhaurin De La Torre

Malaga, Spain

Email: fgpersonaltrainermlg@gmail.com

Phone: 34 650644069

Technical secretary: Ralph Farquharson

Address: Galena 5, Casa 44, Villapiedra, 03189 Orihuela Costa, Alicante, Spain

Phone: +34 966 733 367, Mobile: +34 650 041 559, e-mail: ralph@europowerlifting.org

Host City: Barcelona, Spain

Date: 20 - 22 September 2019

Venue: Fira Gran Via, Barcelona

Arrivals/Transport: **Will not be provided**

Hotel: Fira Congress (****)

Tel: 003 932 671 800

Email: reservas@firacongress.com

www.firacongress.com

Please note The Hotel is only a recommendation all athletes, coaches, referees and officials are free to find their own accommodation

IPF/EPF will not be responsible for any hotel bills of the participating nations.

Scales: Scales available at venue

Participation fee: 90 EUR for each lifter must be paid by bank transfer to the IPF account .

Anti-Doping fee: 50 € for each lifter must be paid by bank transfer to the IPF account .

The IPF treasurer will send invoice for both Participation and Anti-doping fees to all entered Federation.

Payment must be received by the IPF account: Bank transfer to the following bank account:

Name of the account: International Powerlifting Federation
Name of the Bank: Caisse d'Epargne de l'Etat du Luxembourg
Account number: (IBAN) LU57 0019 1300 4802 3000
Bic Code: BCEELULL
Address: Place de Metz L-2954
Luxembourg

Payment must be received at the above-mentioned bank account at the latest 14 days prior to the start of the event

Nominations: Team nomination forms must be in the hands of the Meet director and the Technical secretary not later than:

Preliminary: 20th July 2019 complete filled in preliminary form must be sent. No final nomination will be accepted if a complete filled in preliminary nomination form was not sent in time.

Final: 31th August 2019 - later entries sent on next days will not be accepted. Sending of the final nomination is obligatory!!! Final nomination must be sent not later than 21 days before the date of the event, and must be made only from lifters nominated in Preliminary nomination of the Event. This is inclusive of reserve or alternate lifters.

According to this, no reserve lifters can be included in the final nomination. The weight category of each lifter in the final selection (final nomination) is mandatory. After the final nomination, no changes in the weight category in which the lifter is nominated will be allowed.

Confirmation of the referee's participation: It is obligatory for every Federation to confirm the participation of their nominated Referees in the Final nomination or cancel the referees who will not participate in the event.

Identification: all lifters are expected to present passports and other required documents at the weigh-in.

Health insurance: All delegate members must have a valid health insurance. The Organizer and the EPF will not incur any expenses for a doctor or a stay in hospital. We recommend a travel insurance for covering loss of luggage, delayed flights, etc.

Preliminary timetable:

Friday, 20 September 2019

Classic Men and Women Bench Press

Weigh-in 10.00 to 11.30

Start of event 12.00

Morning Session

Women 15 lifters maximum - Group A

Men 15 lifters maximum - Group B

Equipped Men and Women Bench Press

Weigh-in 12.30 to 14.00

Start of event 14.30

Afternoon Session

Women 15 lifters maximum - Group A

Men 15 lifters maximum - Group B

Saturday, 21 September 2019

Classic Powerlifting Grand Prix Men and Women

Weigh-in 10.00 to 11.30

Start of event 12.00

Morning Session

Women 15 lifters maximum - Group A and B

Afternoon Session

Weigh-in 13.30 to 15.00

Start of event 15.30

Men 15 lifters maximum – Group A and B

Sunday, 22 September 2019

Equipped Powerlifting Men and Women

Weigh-in 10.00 to 11.30

Start of event 12.00

Women 10 Lifters maximum – Group A

Men 10 lifters maximum – Group B

Important Note: Changes may be made to the schedule of events after the Final

nomination depending on the number of lifters finally entered at this Final nomination.

Changes of the timetable are possible by the amount of nominations after the Final

nomination..

Victory ceremonies will be held immediately after lifting session. It will be mandatory

that each athlete wear their National Team Warm-up/Track Suit for the award

presentation.

Arnulf Wahlstrøm

EPF President

Francisco Gutierrez

Meet director

Ralph Farquharson

EPF Secretary General