



EUROPEAN POWERLIFTING FEDERATION



Invitation

The European Powerlifting Federation

and

the Belarussian Equipped and Classic Powerlifting Federation

invite

the EPF member nations to participate in the

5th European Open, Sub-Junior Classic Powerlifting Cup, men & women

5th European Open Classic Bench Press Cup, men & women

In Oshmiany, Belarus

Please note: all information is posted only for information purposes. All selected lifters and officials for the Championships and all hotel bookings must be done by EPF-Member nations, NOT by individuals.

Organizer: Belarussian Equipped and Classic Powerlifting Federation

Meet Director: Denis Denisov, +375 44 7866663, powerlifting@tut.by

EPF Championship

Secretary: Jiri Hofirek, Malickeho 980, 410 02 Lovosice, Czech Republic.
Tel +420 739 405689, e-mail: epfsecretary@gmail.com

Accommodation: Olga Ignatenko, +375 29 7432230, ignatenko-olga@bk.ru

Transport: Olga Ignatenko, +375 29 7432230, ignatenko-olga@bk.ru

Visa Information: Kate Arkadyeva, +375 44 5660474, wcpcc2017@gmail.com

Host city: Oshmiany, Belarus

Date: 21 to 24 March 2019

Venue: **Sports Palace**, 231100, Republic of Belarus, Grodno region, Oshmiany, Sovetskaya street, 1 <http://sport-osh.by/foto/>

Technical meeting: Thursday, 21 March at 20:00 in the hotel "GRAD"

All participating nations in European championships should be represented at the Technical Meeting. If a representative of a participating nation is not present at the Technical Meeting prior to the European championship or has not informed the EPF Championship Secretary about his/her absence by confirming the participation of his/her federation's nominated lifters (by e-mail or phone) a fine of 250 Euro will be imposed to the concerned national federation (see EPF By-laws 105.6).

Visa Information:

1. If your country is in this list - <http://mfa.gov.by/en/visa/visafreetravel/c4bbfb78b29bccdc.html>, you don't need VISA
2. If your country is not in list, figured in (1.), then if you will have a trip for **up to 30 days** and enter and exit Belarus through Minsk National Airport and have not transit from/to airports of the Russian Federation and your country is in this list - http://mfa.gov.by/upload/18.07.27_attachment_list_states_eng.pdf (Pay attention to footnotes!!), then you don't need VISA, but you need to have the following documents, listed here: <http://mfa.gov.by/en/visa/visafreetravel/e0ced19bb1f9bf2c.html>.
3. If your country is not in list, figured in (1.) and you want to stay in Belarus more, then 30 days, or your country is not in list, figured in (2.) you need to get VISA type C. To get it you need to fill VISA support form (attached) and send it to wcpc2017@gmail.com with copy to meet director powerlifting@tut.by. Please, try to fill one VISA support form listing all team members from your country! After that don't go to your Belarussian Embassy until you receive confirmation letter. You will receive on copy letter to Embassy, only after that you can print it and go to the Embassy. (Note: Please send VISA Support form in advance). Procedure for obtaining VISAs to enter the Republic of Belarus is specified here: <http://mfa.gov.by/en/visa/procedurevisa/>. You must submit all specified documents, except consular fee, but in addition received letter and printed this invitation.

Notes: Please, read information about crossing the Border on the website of State Border Committee of the Republic of Belarus: <http://gpk.gov.by/en/informatsiya-dlya-peresekayushhih-granitsu/pravila-peresecheniya-granitsy-dlya-inostrantsev.php>

Please, read information about customs formalities while entering or leaving Belarus here: <http://mfa.gov.by/en/visa/info/f92dca6dbf7d951e.html> . Detailed information is here: <http://www.customs.gov.by/en/fizicheskim-litsam-en>

Hotel 1: Hotel “GRAD”,

231100, Republic of Belarus, Grodno region, Oshmiany, Sovetskaya street, 82
<https://oshmiany.gov.by/ru/uicnbybwf-bg-kfqtqrj/>

Hotel Rates: Prices for night per room

- 60 € per night with breakfast (single room)
- 80 € per night with breakfast (double/twin room)
- 100 € per night with breakfast (triple room)

Hotel 2: Hotel “Sun Hotel”,

231201, Republic of Belarus, Grodno region, Ostrovets, Karla Marksa street, 14
<https://sunhotel.by/>

Hotel Rates: Prices for night per room

- 75 € per night with breakfast and dinner (single room)
- 95 € per night with breakfast and dinner (double room)
- 95 € per night with breakfast and dinner (twin room)
- 170 € per night with breakfast and dinner (VIP-Apartment/2 rooms 2-persons)

Hotel 3: Hotel “Rainbow”,

231210, Republic of Belarus, Grodno region, Ostrovets, Leninskaya str., 14
<http://gostinitsy.by/ostrovtsa/raduga>

Hotel Rates: Prices for night per room

- 30 € per night with breakfast (single room)

50 € per night with breakfast (double/twin room)

70 € per night with breakfast (3 people)

Note 1:

All rooms must be booked and paid to the organizer directly beforehand at the latest with the deadline of the **final nomination – 28 February 2019**. After the deadline the organizer cannot guarantee accommodations.

All athletes, coaches, referees and officials from each federation **MUST STAY** in the official hotel for all days in their attendance of the championship. Failure to comply will have the effect that they will not receive accreditation and will be excluded from the championship.

Federation mustn't pay the doping and the participation fees for this bank account!!!

At all European Championships **the accommodation fees** shall be payable by bank transfer against the invoice or credit card as follows:

1. credit card (+ 5% bank fee)
2. cash (EUR according to the current exchange rate)
3. Bank transfer against the invoice - **on the basis of a requirements of participants only against the invoice** (EUR according to the current exchange rate).

Payment must be received at the above mentioned bank account at the latest **35 days prior to the beginning of the Championship.**

4. **Accommodation fees** shall be paid by bank transfer to the bank account of the organizer to following bank account:

Beneficiary: ROO "FEDERATCIYA EKIPIROVOCHNOGO I KLASSICHESKOGO PAUERLIFTINGA"
220073 GUSOVSKOGO Street, 2, R.202, Minsk, Belarus
УНП (ID) 805 003 737

Account No. BY57 BPSB 3015 3014 5502 9978 0000 (EUR),

Bank: BPS-SBERBANK
6, MULIAVIN BLVD.
MINSK 220005, BELARUS

SWIFT Code: BPSBBY2X

Bank correspondent: DEUTSCHE BANK AG, FRANKFURT AM MAIN

SWIFT Code: DEUTDEFF

Account No. 100949781900

Note 2:

28 February is the latest date for any removal of nominated lifters, cancellation of booked hotel rooms – **21 days prior to the Technical Meeting.**

If not cancelled in time, federations have to pay the reserved hotel rooms.

If requested visa is not obtained, the hotel must be notified latest 7 days prior to the technical meeting to cancel the reservation.

For referees 7 March 2019, (14 days prior to the Technical Meeting) is the latest day for changes of categories for which referee has been allocated in the final nomination which his national Federation sent to Championships Secretary.

The referee's nomination is stated on EPF website on Referees/Jury under Upcoming Events. If referees do not indicate changes to the Championships Secretary within 14 days prior to the technical meeting, referees are obliged to be available as defined in the final nomination.

However, federations may allocate duties between their own referees latest at the technical meeting upon agreement by the appointed technical committee member. Any changes, withdrawal or no show up by a referee regarding the allocated duty after the technical meeting, may impose a warning or €100 in fine dependant of the reason and decided by the jury in cooperation with the appointed technical committee member.

Important warning for referees!!!

At the EPF General Assembly 2015 a new rule was adopted in the Constitution 13.10.1. The rule states: "Any lifter or referee properly entered for a competition that without acceptable reasons does not attend, may be suspended up to 6 month for the first offence and up to 12 month for second offence and a maximum fine of 250 Euro. (IPFConst. 14.10)".

Arrivals/Transportation:

Transport will be provided from Minsk international airport (MSQ) (<http://airport.by/>) for (at the same time from one nation):

1 -2 persons/one way per-person = 50 €

3 - 6 persons/one way per-person = 35 €

Please let us know the exact date, hour, flight number of your arrival. This will allow us to provide a perfect pick-up.

Transport must be paid by bank transfer to the Organizer (see bank account above), at the latest 7 days prior to the beginning of the championship or at place. Please, send therefore your detailed travel itinerary to transport official so that the transfer can be provided. If you order the transport, you must pay for it even if you later decide not to use it.

Shuttle Service: from hotel to venue is free.

Awards: In each weight category the first three lifters will receive medals. The best 3 men and women ranked according to the IPF formula will receive awards. All participations will receive certificates.

Scales: scales available at venue and at the hotel

Training: Training facilities available at training area at the venue

Flag and Anthem: The organization will provide a flag and Anthem

Opening ceremony: Friday 22 March at 12:00 hours at venue. One representative from each participating country shall take part at the ceremony.

Anti-doping education: Friday 22 March at 17:00 hours at congress hall of Government (Oshmiy, Sovetskaya street, 103). All athletes and coaches from each participating country shall take part at the education program.

Closing Banquet: **Sunday, 24 March** at **20:00** hours. Price **€ 30** per person, paid the organizer.

Participation Fee: **€ 90,00** for the **number of lifters nominated at the preliminary nomination**, must be paid by bank transfer to the EPF bank account latest one day before the Technical Meeting.

Anti-Doping Fee: **€ 50,00** for the **number of lifters nominated at the preliminary nomination**, must be paid by bank transfer to the EPF bank account **latest one day** before the Technical Meeting.

EPF Invoices: **The invoice must be sent to the nominated federations by the EPF Treasurer at the latest 14 days prior to the day of the Technical Meeting for each of the European Championships (EPF BYLAWS 103.3.2.)**

Federations must pay participation and doping fees from the number of lifters declared at the preliminary nomination. Nominated reserve lifters are not included.

All invoices are published at the EPF web (www.europowerlifting.org) under "SERVICES" >> "INVOICES". Every member federation may go to the EPF web-site and download their invoices. This was informed in the letter from our treasurer sent you 11.01.2018.

Nominations: Team nomination forms must be in the hands of the Meet director **Denis Denisov**, +375 44 7866663, powerlifting@tut.by and the EPF Championships Secretary Jiri Hofirek epfsecretary@gmail.com

not later than:

Preliminary: 20 January 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: 28 February 2019 - later entries sent on next days will not be accepted. Sending of the final nomination is obligatory!!!

New Point!!!

Final nomination must be sent not later than 21 days before the date of the Championships, and must be made only from lifters nominated in Preliminary nomination of the Championship. This is inclusive of reserve lifters. A nominated reserve lifter may replace a preliminary nominated lifter from the same federation. If a reserve lifter do not replace any lifter, he/she must be withdrawn from the final nomination and will not take part in the championships!!!

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 Championship.

Each federation with more than one lifter nominated should add at least one referee at his team, and he/she must attend at least one day as referee or jury.

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

Indemnity and Insurance:

All participating federations and its delegated athletes and officials agree to indemnity and not hold the organizing committee or IPF/ EPF 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 the said Arnold Classic Europe.

All delegate members must have a valid incident and health insurance policy. The Organizer and the IPF/ EPF will not incur any expenses for a doctor or stay in hospital. We recommend a travel insurance for covering loss of luggage, delayed flight, sickness, accidents, thefts etc."

Corrected point!!!

The time table may be changed after the final nomination. Some categories may be moved one day earlier or later than specified in the preliminary Time Table!!!

Victory ceremonies will be held immediately after lifting sessions. It will be mandatory that each athlete wear their National Team Warm-up/Track Suit for the award presentation.

Preliminary timetable:

FRIDAY, 22 March 2019

Classic Bench Press Cup

<u>M/W</u>	<u>CATEGORIES</u>	<u>WEIGH-IN</u>	<u>START</u>	<u>FINISH</u>	
Women	-47 kg -to +84 kg	08:00 to 09:30	10:00	12:00	15 lifters
Men	-59 kg, -66 kg, -74 kg	10:30 to 12:00	12:30	14:30	15 lifters
Men	-83 kg, -to +120 kg	13:00 to 14:30	15:00	17:00	25 lifters

SATURDAY, 23 March 2019

Classic Powerlifting Cup (open, sub-juniors)

<u>M/W</u>	<u>CATEGORIES</u>	<u>WEIGH-IN</u>	<u>START</u>	<u>FINISH</u>	
Women (o,sj)	-43 kg, -to -63 kg	09:00 to 10:30	11:00	13:00	30 lifters
Men (o,sj)	-53 kg, -66 kg, -74 kg	12:00 to 13:30	14:00	16:00	30 lifters
Women (o,sj)	-72 kg, -84 kg, +84 kg	15:00 to 16:30	17:00	19:00	30 lifters

SUNDAY, 24 March 2019

Classic Powerlifting Cup (open, sub-juniors)

<u>M/W</u>	<u>CATEGORIES</u>	<u>WEIGH-IN</u>	<u>START</u>	<u>FINISH</u>	
Men (o,sj)	-83 kg, -to -105 kg,	09:00 to 10:30	11:00	13:30	20 lifters
Men (o,sj)	-120 kg, +120 kg	12:30 to 14:00	14:30	17:30	30 lifters

Arnulf Wahlstrøm
EPF President

Denis Denisov
Meet director

Jiri Hofirek
EPF Championships secretary