



EUROPEAN POWERLIFTING FEDERATION

Invitation

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

European Classic Open, Juniors & Sub-Juniors Powerlifting Championships 2016 in Tartu, Estonia

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 EPF-Member nations, NOT by individuals.

Meet Director: Kaido Leesmann, Udeselja 2-3 Tallinn 11913 ESTONIA
Tel.: +372 5026999, e-mail: kaidoleesmann@gmail.com

Visa requests: Siret Sügis e-mail: visas@classicpowerliftingtartu.com

Accommodation, transport: Jelena Andrusenko, Tel.: +372 55652857, Pärna allee 10-42, Tila küla, 60532, Estonia, e-mail: registration@classicpowerliftingtartu.com

Reservations must be made for all competitors, coaches and referees during their whole stay at the Championship (at least 1 NIGHT/booking).

EPF Championship

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

Host city : Tartu, Estonia

Date: 5 – 12 March 2016

Venue: Dorpat Konverentsikeskus, Address: Turu 2, Tartu, 51013

Technical meeting: Friday, March 4, 2016 at Hotel at 20:00

Hotel:

Dorpat Hotell, Address Soola 6, Tartu, 51013

Single room: 80 € per person/night, including breakfast

Double room: 95 € **per room**/night, including breakfast

Note 1:

All rooms must be booked **via championship organizer** at the latest with the deadline of the final nomination – **12 February, 2016**. After the deadline the organizer cannot guarantee accommodations. All athletes, coaches, referees and officials from each federation must stay in the official hotel provided by the organizer during their whole stay at the Championship. If not, they have to pay an administration fee of €100 or they will not be allowed to participate in the championship.

The organizer will not be responsible for any hotel bills of the participating nations. All delegates must pay their rooms by bank transfer **to the organizer** or at the arrival at the Championship office **at accreditation table before check-in at hotel**. Accreditation must be made before check-in at hotel.

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 - **on the basis of a requirements of participants against the invoice** (EUR according to the current exchange rate). Payment must be received at the bank account mentioned on the invoice at the latest **14 days** prior to the beginning of the Championship.

Accommodation fees can also be paid by bank transfer to the bank account:

Bank address: SWEDBANK AS, Liivalaia 8, 15040 Tallinn

SWIFT code BIC: HABAE2X

IBAN: EE592200001120201788

Receiver's name: Eesti Jõutõsteliit

Payment must be received at the above mentioned bank account at the latest 14 days prior to the beginning of the Championship.

Note 2:

19 February, 2016 is the latest date for any removal of nominated lifters, cancellation of booked hotel rooms or change in the number of ordered banquet tickets – **14 days prior to the Technical Meeting**. If not cancelled in time, federations have to pay the reserved hotel rooms (if the hotel require such payment), the participation fee, the doping fee and the banquet fee for all lifters and officials specified at the final nomination form.

For referees is 19 February, 2016, it means 14 days prior to the Technical Meeting, 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 duty section. If referees do not indicate changes to the Championships Secretary during that time, referees are obliged to be available for the original categories by the final nomination.

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 subject to suspension up to 6 month for the first offence and up to 12 month for second offence and a maximum fine of 250 Euro."

Airports - Arrivals/Transportation:

Tallinn Airport (TLL) 180 km to Dorpat Hotel

Transport from airport to hotel:

When arriving 1 person: 60 € per person/one way

When arriving 2 people: 40 € per person/one way

When arriving 3 or more: 35 € per person/one way

Tartu Airport (TAY) 10 km to Dorpat Hotel

Transport from airport to hotel:

When arriving 1 person: 15 € per person/one way

When arriving 2 people: 12 € per person/one way

When arriving 3 or more: 10 € per person/one way

Price of transport must be paid at arrival at the championships office. Any national team will not be accredited until the reserved transportation has been paid.

Please send therefore your detailed travel itinerary to **Jelena Andrusenko**, 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.

Scales: Scales available at venue and at the hotel

Training: Organizer offers the possibility to the athletes to train at **Turu Spordihoone (Turu Sports Club)** located near the venue (150m) the whole day free of charge. Address: **Turu 8, Tartu.**

Flag and anthem: Each country must bring its flags and anthems to the Technical Meeting

Opening ceremony: Saturday, 5 March at 13:30 Venue. One representative (either lifter or official) from each participating country shall take part at the ceremony.

Banquet for juniors: Tuesday, 8 March at 20:00 at **Hotel**. Price 30 € per person paid to the organizer.

Closing banquet: Saturday, 12 March at 20:00 at **Hotel**. Price 30 € per person paid to the organizer. **The number of banquet tickets must be ordered at the Nomination form.**

- Participation fee:** 60 € for each lifter must be paid by bank transfer to the EPF bank account before the Technical meeting.
- Anti-Doping fee:** 50 € for each lifter must be paid by bank transfer to the EPF bank account before the Technical meeting.
- EPF Invoices:** EPF treasurer will send EPF invoices for both Antidoping and the Participation fees to all entered Federations 14 days before the Technical meeting.
- Nominations:** Team nomination forms must be sent to the registrar Jelena Andrusenko registration@classicpowerliftingtartu.com and the EPF Championship secretary not later than:
- Preliminary:** **January 4, 2016** 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:** **February 12, 2016** – 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 Championships, and must be made only from lifters nominated in Preliminary nomination of the Championship. 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 referees 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 Championships.

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

Correspondence: E-mails regarding the championships must be sent to:

Meet Director and a copy to the

EPF Championship secretary:

Jiri Hofirek, e-mail: epfsecretary@gmail.com

Health insurance: All participants must have a valid travel and 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.

Web site: More information available at the special web site of the Championship: <http://classicpowerliftingtartu.com/>

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

Important Note: Changes of the timetable are possible by the amount of nominations at the Final nomination and at the Technical Meeting. It may happen that weight classes are changed to different days. So it is important for the athletes not to book arrivals/departures days very close to the competition days.

Referees: All nominated referees attending a championship, must be available for at least two days!!! (see: IPF Technical Rules, chapter - Referees, page 31, paragraph 17).

Referees exam: If referee's examination are arranged, the **written examinations for referees cat. 2 will be done on Saturday mornig 5 March**, 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.



Preliminary timetable
European Classic Open, Junior and Sub-Junior Championships 2016
Opening ceremony: Saturday, 5 March at 13:30 hours at venue

Day	Weight-in time	Classes	Start	Lifters after Final nom	Supposed end of category
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JUNIORS & SUB-JUNIORS

Saturday 5.3.2016	0800-0930	Sub Women 43,0 to 57	1000		1315
	-	Opening ceremony	1330		1345
	1200-1330	Sub Women 63,0 to 84,0+	1400		1700
	1530-1700	Sub Men 53,0 to 74,0	1730		2030

Sunday 6.3.2016	0800-0930	Jun Women 43,0 to 63,0 kg	1000		1330
	1200-1330	Sub Men 83,0 & 93	1400		1700
	1530-1700	Jun Women 72,0 to 84,0+ kg	1730		2030

Monday 7.3.2016	1000-1130	Sub Men 105,0 to 120 & Jun 66,0 kg	1200		1530
	1400-1530	Jun Men 59,0 & 74 kg	1600		1930

Tuesday 8.3.2016	0800-0930	Jun Men 83,0 & 93 kg	1000	21	1330
	1200-1330	Jun Men 105,0 to 120+ kg	1400	20	1800
	Banquet for Juniors			2000	

OPEN WOMEN & MEN

Wednesday 9.3.2016	1000-1130	Women 47,0 to 57,0	1200		1530
	1400-1530	Men 59,0 & 66,0 kg	1600		1930

Thursday 10.3.2016	1000-1130	Women 63,0 & 72,0 kg	1200		1530
	1400-1530	Men 74,0 & 83,0 kg	1600		1930

Friday 11.3.2016	0800-0930	Women 84,0 & 84,0+	1000		1330
	1200-1330	Men 93,0 kg	1400		1730
	1600-1730	Men 105,0 kg	1800		2100

Saturday 12.3.2016	0800-0930	Men 120,0 kg & 120+ kg	1000		1500
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Arnulf Wahlstrøm
EPF President

Kaido Lessmann
Meet director

Jiri Hofirek
EPF Championships secretary