**Official Invitation**

The International Powerlifting Federation

and

the Czech Powerlifting Federation

invite

the IPF member nations to participate in the

**World Open, Sub Junior, Junior & Master Classic & Equipped**

**Bench Press Championships 2020**

**from 15th May – 23rd May 2020**

**In Pilsen, Czech Republic**

**Please note: all information is posted only for information purposes. All team selection, all official entries for the Championships and all hotel bookings must be done by IPF-Member nations, NOT by individuals.**

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| **Meet Director:** | Vladimir Mati, e-mail: [vmati@seznam.cz](mailto:vmati@seznam.cz) |
| **Correspondence, visa:** | Lenka Matejovska, e-mail: [cpf@powerlifting.cz](mailto:europowerlifting@centrum.cz) |
| **Accommodation:** | Vojtech Duraj, e-mail:  [powerlifting@parkhotel-czech.eu](mailto:powerlifting@parkhotel-czech.eu)  Mobile Phone: +420 608 111 702  Phone: +420 378 772 977 |
| **Transportation, banquet:** | Alyona Vassilkova, e-mail:  [transport-banquet@seznam.cz](mailto:transport-banquet@seznam.cz) |
| **Championship Secretary:** | Mobile Phone: +420 774 896 694  Gaston Parage, 3, route D’Arlon, L-8009 Strassen, Luxembourg  Mobile Phone: +352-621165214, Fax: +352-582696,  e-mail: [Gaston.Parage@powerlifting.sport](mailto:Gaston.Parage@powerlifting.sport) |
| **Host City:** | Pilsen, Czech Republic |
| **Date:** | 15th May - 23rd May 2020 |
| **Venue:** | Sports Hall TK Slavia Pilsen  U Borskeho parku 2916/19  301 00 Pilsen |
| **Technical Meeting:** | Thursday 14th May 2020 at 20:00  Parkhotel Congress Center, Pilsen |
| **Official Hotels:** | **Parkhotel Congress Center Pilsen**  U Borskeho parku 31, 301 00 Pilsen  [www.parkhotel-czech.eu](http://www.parkhotel-czech.eu) |
|  | **Single room:**  2.300 CZK (Approx. 91 EUR) per person/night, including breakfast  **Double room**:  1.450 CZK (Approx. 57 EUR) per person/night, including breakfast  **Triple room:**  1.300 CZK (Approx. 52 EUR) per person/night, including breakfast  **2. Hotel IBIS (shuttle to the venue is provided)**  Univerzitni 65, 301 00 Pilsen  [www.ibis.com](http://www.ibis.com)  **Single room:**  1.900 CZK (Approx. 75 EUR) per person/night, including breakfast  **Double room**:  1.150 CZK (Approx. 45 EUR) per person/night, including breakfast  **After fully occupancy of the Hotel Parkhotel or the Ibis we can reserve following hotels:**  **3. Hotel Lions (shuttle to the venue is provided)**  Zborovska 85/18, 301 00 Pilsen 3 - Doudlevce  [www.hotellionsplzen.cz](http://www.hotellionsplzen.cz)  **Single room:**  1.400 CZK (Approx. 55 EUR) per person/night, including breakfast  **Double room:**  975 CZK (Approx. 38 EUR) per person/night, including breakfast  **Triple room:**  830 CZK (Approx. 33 EUR) per person/night, including breakfast  **4. Hotel VICTORIA (shuttle to the venue is provided)**  Borska 1155/19, 301 00 Pilsen 3 - Jizni Predmesti  [www.hotel-victoria.cz](http://www.hotel-victoria.cz/) **(shuttle to the venue is provided)**  **Single room:**  1.400 CZK (Approx. 45 EUR) per person/night, including breakfast  **Double room**:  975 CZK (Approx. 38 EUR) per person/night, including breakfast  **Triple room:**  830 CZK (Approx. 33 EUR) per person/night, including breakfast |
| **Payment:**  **Arrivals/Transportation:** | **The accommodation fees shall be payable as follows:**  1. Bank transfer against the invoice in CZK to account of the Parkhotel Congress Center. **Payment must be received at the bank account mentioned on the invoice at the latest 14 days prior to the beginning of the Championship.**  2. Credit card  3. Cash (CZK or EUR according to the current exchange rate)  **Arrivals/Departures by plane – Vaclav Havel Airport Prague:**  Transport from Prague airport to hotel in Pilsen  When arriving 1 person:  2.500 CZK (Approx. 100 EUR) per person/one way  When arriving 2 people**:**  1.500 CZK (Approx. 60 EUR) per person/one way  When arriving 3 people:  1000 CZK (Approx. 39 EUR) per person/one way  When arriving 4 people:  900 CZK (Approx. 35 EUR) per person/one way  When arriving 5 or more people:  600 CZK (Approx. 23 EUR) per person/one way  Please send your detailed travel itinerary to:  **Aliona Vassilkova** - e-mail: [transport-banquet@seznam.cz](mailto:transport-banquet@seznam.cz)  Use the transport-banquet form.  Transport must be paid in advance to account of the organizer according the invoice in CZK. **Payment must be received at the bank account mentioned on the invoice at the latest 14 days prior to the beginning of the Championship. Sender must pay any applicable fees for transfer.**  If you order the transport, you must pay for it even if you later decide not to use it. |
| Note 1:  All athletes, coaches, referees or officials from each federation must stay in the official hotel for all days during the championship. If athletes, coaches, referees or officials do not stay in the official hotel during the championship, they will be obliged to pay an administration fee of 100 EUR per person to the organizer. Failure to comply will have the effect that they will not receive accreditation and will be excluded from that championship. All room bookings must be done through the Parkhotel Congress Center Pilsen, respectively through Mr. Vojtech Duraj (By-Laws 105.4.4). | |
| **Note 2:**  The organizer will not be responsible for any hotel bills of the participating Nations. Each Team manager will be responsible. All rooms must be booked and paid for no later then the deadline of the final nomination – 24th April 2020. After the deadline the organizer cannot guarantee the accommodation. | |
| **Note 3:**  24th April 2020 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, association 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.  For referees the 24th April 2020 is last day for changes of categories for which referee has been allocated in the final nomination which his national Federation sent to Championships Secretary.  **Note 4:**  In the event of a Powerlifting or Bench Press Championships being combined e.g. with a Sub-Junior, Junior Open & Master's Championships having both Classic and Equipped, a lifter has the option of competing in both Championships. The athlete shall be required pay entry fee for both championships and will be required to compete twice. Once the athlete is entered on the Preliminary Nomination, he/she may not change their age division. The lifter may only change the weight class on the Final Nomination. | |
| **Scales:** | Scales available at the venue and at the hotel |
| **Training:** | Training facilities will be available at the venue in training area for accreditated persons. |
| **Flag and anthem:** | Will be provided by the organizer |
| **Closing Banquet:** | 19th May 2020 20:00 & 23rd May 2020 20:00  Price **900 CZK** (Approx. € 35) per person paid to the organizer.  Payment in advance for banquet tickets is recommended.  Tickets order send to:  **Alyona Vassilkova** - e-mail: [transport-banquet@seznam.cz](mailto:transport-banquet@seznam.cz)  Tickets for the banquet can be paid to the account of the organizer according the invoice in CZK. Payment must be received at the bank account mentioned on the invoice prior to the beginning of the Championship. |
| **Participation Fee:** | **50 EUR** for each competition must be paid by bank transfer to the IPF bank account before the Technical Meeting. IPF invoice will be sent by the IPF treasurer. |
| **Anti-Doping Fee:** | **60 EUR** for each competition must be paid by bank transfer to the IPF bank account before the Technical Meeting. IPF invoice will be sent by the IPF treasurer. |
| **Opening Ceremony:** | 15th May at the Venue at 15:00  All representatives from each participating country shall take part at the Ceremony. |
| **Health and Travel Insurance:** | All delegate members must have a valid health insurance. The organiser and the IPF will not incur any expenses for a doctor or a stay in hospital. We recommend a travel insurance for covering loss of luggage, theft, delayed planes etc. |
| **Nominations:** | Team nomination form must be in the hands of the Meet Director ([vmati@seznam.cz](mailto:vmati@seznam.cz)) and the IPF Championship Secretary  ( [Gaston.Parage@powerlifting.sport](mailto:Gaston.Parage@powerlifting.sport) ) not later than 16th March 2020. |
| **Preliminary:** | 16th March **(complete filled in preliminary form must be sent. No final nomination will be accepted if the complete filled in the preliminary was note sent)** |
| **Final：** | 24th April **(later entries will not be accepted)** |
| **Victory Ceremonies:** | Will be held immediately after each lifting session. It is mandatory that each athlete wears their National Team Warm-up/Track Suit for the award presentation. |

**Provisional time Table: World Classic & Equipped Bench Press Championships Pilsen, Czech Republic 2020 – 15th May – 23rd May 2020**

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| Day | | Weigh-in time |  | Classes | Start |
| Thursday | 14th May 2020 |  |  | **Technical Meeting** | **20:00** |
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| CLASSIC BENCH PRESS | | | | | |
| Friday | 15th May 2020 | 07:00 – 08:30 | Platform 1 2 Groups  Men M1-M2  59 – 74kg | Platform 2 2 Groups  Men M3 – M4  59 – 74kg | 09:00 |
|  |  | 10:00 – 11:30 | Platform 1 2 Groups  Women M2  47kg - +84kg | Platform 2 2 Groups  Women M3– M4  47kg-+84kg | 12:00 |
|  |  |  |  | **Opening Ceremony** | **15:00** |
|  |  | 14:00 – 15:30 | Platform 1 1 Group  Men M1 –M2  83kg - 93kg | Platform 2 1 Group  Men M3 – M4  83kg - 93kg | 16:00 |
| Saturday | 16thMay 2020 | 07:00 – 08:30 | Platform 1 1 Group  Women M1  47kg – 63kg | Platform 2 1 Group  Women M 1  72kg – +84kg | 09:00 |
|  |  | 10:00 – 11:30 | Platform 1 1 Group  Men M1 –M2  105kg | Platform 2 1 Group  Men M3 – M4  105kg | 12:00 |
|  |  | 13:00 – 14:30 | Platform 1 2 Groups  Women S/Junior  43kg - +84kg |  | 15:00 |
|  |  | 15:00 – 16:30 | Platform 1 2 Groups  Men M1-M2  120kg -+120kg | Platform 2  Men M3 –M4  120kg -+120kg | 17:00 |
| Sunday | 17thMay 2020 | 07:00 – 08:30 | Platform 1 2 Groups  Men S/Junior  83kg -+120kg | Platform 2 1 Group  Men S/Jun  53 – 74kg | 09:00 |
|  |  | 10:00 – 11:30 | Platform 1 2 Groups  Women Junior  63kg - +84kg | Platform 2 1 Group  Women Junior  43 – 57kg | 12:00 |
|  |  | 13:00 – 14:30 | Platform 1 2 Groups  Men Junior  83kg - 93kg | Platform 2 1 Group  Men Junior  53- 74kg | 15:00 |
|  |  | 15:00 – 16:30 | Platform 1 2 Groups  Men Junior  105kg-+120kg |  | 17:00 |
| Monday | 18thMay 2020 | 08:00 – 09:30 | Platform 1 2 Groups  Open Women  47 – 57kg |  | 10:00 |
|  |  | 10:00 – 11:30 | Platform 1  Open Men  59 – 66kg 1 Group |  | 12:00 |
|  |  | 13:00 – 14:30 | Platform 1 2 Groups  Open Women  63kg – 72kg |  | 15:00 |
|  |  | 15:00 – 16:30 | Platform 1 2 Groups  Open Men  74kg – 83kg |  | 17:00 |
| Tuesday | 19th May 2020 | 08:00 – 09:30 | Platform 1 2 Groups  Open Men  93kg – 105kg |  | 10:00 |
|  |  | 10:00 – 11:30 | Platform 1 1 Group  Open Women  84 –+84kg |  | 12:00 |
|  |  | 13:00 – 14:30 | Platform 1 2 Groups  Open Men  120kg +120kg |  | 15:00 |
|  |  |  |  | **Closing Banquet** | **20:00** |

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| EQUIPPED BENCH PRESS | | | | | |
| Wednesday | 20th May 2020 | 07:00 – 08:30 | Platform 1 2 Groups  Men M1-M2  59kg - 74kg | Platform 2 1 Group  Men M3 M4  59 – 74kg | 09:00 |
|  |  | 09:00 – 10:30 | Platform 1 2 Groups  Women M2  47kg - +84kg | Platform 2 2 Groups  Women M3– M4  47kg-+84kg | 11:00 |
|  |  | 11:30 – 13:00 | Platform 1 2 Group  Women M1  47kg -+84kg | Platform 2 2 Groups  Men M1 – M4  83kg | 13:30 |
|  |  | 14:30 – 16:00 | Platform 1 Groups  Men M1 - M2  93kg | Platform 2 1 Group  Men M3 – M4  93kg | 16:30 |
| Thursday | 21stMay 2020 | 08:00 – 09:30 | Platform 1 2 Groups  Men M1 - M4  105kg | Platform 2 2 Groups  Men M3- M4  120kg-+120kg | 10:00 |
|  |  | 11:00 – 12:30 | Platform 1 2 Groups  Men M1 – M2  120kg - +120kg |  | 13:00 |
|  |  | 13:00 – 14:30 | Platform 1 2 Groups  Men S/Junior  53kg - +120kg | Platform 2  Women S/Junior  43kg - +84kg | 15:00 |
|  |  | 15:30 – 17:00 | Platform 1 2 Groups  Women Junior  63kg- +84kg | Platform 2 1 Group  Women Junior  43kg – 57kg | 17:30 |
| Friday | 22nd May 2020 | 08:00 – 09:30 | Platform 1 2 Groups  Men Junior  83-+120kg | Platform 2 2 Groups  Men Junior  59kg – 74kg | 10:00 |
|  |  | 11:00 – 12:30 | Platform 1 Groups  Open Women  47 kg - 57kg |  | 13:00 |
|  |  | 13:00 – 14:30 | Platform 1 1 Group  Open Men  59 kg – 66kg |  | 15:00 |
|  |  | 15:00 – 16:30 | Platform 1 2 Groups  Open Men  74kg – 83kg |  | 17:00 |
| Saturday | 23rd May 2020 | 08:00 – 09:30 | Platform 1 2 Group  Open Women  63kg – 72kg |  | 10:00 |
|  |  | 10:00 – 11:30 | Platform 1 2 Groups  Open Men  93kg – 105kg |  | 12:00 |
|  |  | 13:00 – 14:30 | Platform 1 2 Group2  Open Women  84kg +84kg |  | 15:00 |
|  |  | 15:00 – 16:30 | Platform 1 2 Group  Open Men  120Kg +120kg |  | 17:00 |
|  |  |  |  | **Closing Banquet** | **20:00** |

**Important Items to remember**

* Preliminary nomination forms must be sent not later than 60 days before the date of the Championship. Final nominations must be submitted no later than 21 days before the date of the Championship and must include only names from the preliminary nomination (i.e., only lifters from the preliminary nomination can be replaced by a substitute. No new nominations will be accepted).
* According technical Rules [Page 4, item 7] at the final nomination you must definite list the athletes, who will take part in the championship. **At the technical meeting you can only delete athletes from your final nomination no more change by weight class of any athlete is possible. The final nomination is valid for the competition.**
* Changes may occur to the time table of events. All changes will take place at the technical meeting that will be held on Thursday 14th May at 20:00 at Parkhotel Congress Center Pilsen.
* Victory Ceremonies will be held at the end of each lifting session. It is mandatory that each athlete wears their National Team Warm-up/Track Suit for the award presentation.
* If the organizer does not receive a 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 applies to participation and anti-doping fees (IPF-By-Laws 105.5.2)

Gaston Parage Miroslav Vacek Vladimir Mati

IPF President CPF President Meet Director