**Official Invitation**

The International Powerlifting Federation

and

the Norwegian Powerlifting Federation

 invite

the IPF member nations to participate in the

**World Sub Junior, Junior and Open Powerlifting**

**Championships 2020**

**from 31st of October – 7th of November 2020**

**in Stavanger, Norway**

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:** | Morten Novum, Prestegaardsjordet 6, 3440 Roeyken, Norway Mobile Phone: +47 977 91 609, E-Mail: novum@online.no |
| **Correspondence, visa:** | Norwegian Powerlifting FederationMobile phone +47913 21 685, E-Mail : Styrkeloftforbundet@nif.idrett.no |
| **Championship Secretary:** | Gaston Parage, 3, route D’Arlon, L-8009 Strassen, LuxembourgMobile Phone: +352 621165214, Fax: +352 582696, E-Mail: Gaston.Parage@powerlifting.sport  |
| **Host City:** | Stavanger, Norway |
| **Venue:** | Stavanger Idrettshall |
| **General Assembly:** | Saturday 31st October 2020 at 14:00 Clarion Hotel Energy |
| **Technical Meeting:**  | Saturday 31st October 2020 at 20:00 Clarion Hotel Energy |
| **Weigh-in:** | Stavanger Idrettshall |

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| **Official Hotels:** | Clarion Hotel Energy  |
| **Room rates:** | Single room: | NOK 865 |
|  | Double room: | NOK 1065 |
|  | Triple room: | NOK 1265 |
|  | Rates are per room per night including breakfast. |
| **Booking and Payment:** | Anne Haugstad, Clarion Hotel EnergyMobile Phone: +47 51 34 78 00, E-Mail: anne.haugstad@choice.no **All reservations and payments are made directly with the Clarion hotel Energy.** |
| **Note:** 11th October 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 11th October 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. |
| **Scales:** | Scales available in the official hotel and venue |
| **Training:** | Available in the local powerlifting club, close to the venue and hotel.  |
| **Flag and anthem:** | Will be provided by the Organizer |
| **Closing Banquets:** | **Sub-Junior & Junior 3rd of November 2020 19:00 at the Clarion Hotel Energy**Price per ticket €35.Tickets should be ordered with the nomination of lifters and officials. Tickets available at the venue until Monday 1st of November. **Open 7th of November 20:00 at the Clarion Hotel Energy**Invitation by the mayor of Stavanger, free of charge.Banquet reservation must be filed together with the final nomination. |
| **Participation Fee:** | €50 for each competition must be paid by bank transfer to the IPF bank account before the Technical Meeting. IPF invoice will be send by the IPF treasurer. |
| **Anti-Doping Fee:** | €60 for each competition must be paid by bank transfer to the IPF bank account before the Technical Meeting. IPF invoice will be send by the IPF treasurer. |
| **Ceremonies:** | **Opening ceremony for Sub-junior and Junior**1st November at the Venue at 09:30**Closing ceremony for Sub-Junior and Junior and Opening ceremony for open category**3rd of November at 13:00All representatives from each participating country shall take part at the Ceremony. |
| **Transport:** | Transport from/to airport (SVG) will be by public bus. The bus leaves every 30 minutes and takes 17 minutes, with stop just across the hotel.Price for round trip is NOK 205 when purchased online at [www.flybussen.no](http://www.flybussen.no). |
| **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 ( novum@online.no ) and the IPF Championship Secretary ( Gaston.Parage@powerlifting.sport ) not later than 1st September 2019. |
| **Preliminary:** | 2nd of September **(complete filled in preliminary form must be sent. No final nomination will be accepted if complete filled in the preliminary was note sent)** |
| **Final：** | 11th of October **(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 Timetable:**

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| **Day** | **Weigh-in time** | **Classes** | **Start**  |
| Saturday, 31.10.2020 |  | Accreditation available in the hotel from 09:00 | 09:00 |
|   |  | General Assembly  | 14:00 |
|  |  | Technical Meeting | 20:00 |
| Sunday 01.11.2020 |  | **Opening Ceremony** | **09:30** |
|  | 08:00-09:30 | S/J Women | 10:00 |
|  | 12:30-14:00 | S/J Men | 14:30 |
| Monday, 02.11.2020 | 08:00–09:30 | Jun Women |  | 10:00 |
|  | 13:30–15:00  | Jun Men | Class 53kg to 93kg | 15:30 |
| Tuesday, 03.11.2020 | 08:00–09:30 | Jun Men | Class 105kg to +120kg | 10:00 |
|  |  | **Closing/Opening Ceremony** | 13:00 |
|  | 11:30-13:00  | Open Women | Class 47kg to 52kg | 13:30 |
|  | 15:00-16:30 | Open Men | Class 59kg to 66kg | 17:00 |
|  |  | **S/J & Jun Banquet** |  | **19:00** |
| Wednesday, 04.11.2020 | 08:00-09:30 | Open Women | Class 57kg | 10:00 |
|   | 11:00 – 12:30 | Open Women | Class 63kg to 72kg | 13:00 |
|  | 15:00 – 16:30 | Open Men | Class 74kg | 17:00 |
| Thursday, 05.11.2020 | 08:00-09:30 | Open Men | Class 83kg | 10:00 |
|  | 11:00 – 12:30  | Open Men  | Class 93kg | 13:00 |
|   | 15:00-16:30 | Open Men | Class 105kg | 17:00 |
| Friday, 06.11.2020 | 10:00-11:30 | Open Women | Class 84kg | 12:00 |
|  | 15:00-16:30 | Open Women | Class +84kg | 17:00 |
| Saturday, 07.11.2020 | 09:00 –10:30 | Open Men | Class 120kg | 11:00 |
|  | 13:00 – 14:30 | Open Men | Class +120kg | 15:00 |
|  |  | **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 Saturday 31st October at 20:00 at Clarion Hotel Energy.
* 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)
* All athletes, coaches, referees and officials from each federation have to book their rooms by the organizer and have to stay in the official hotel during the entire time in attendance of the championship. If athletes, coaches, referees or officials do not stay in the official hotel during the entire time in attendance of the championship, they will be obliged to pay an administration fee of € 100 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 (IPF By-laws 105.4.4).
* **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 the said World Championships.

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| Gaston Parage  | Morten Novum | Inger Blikra  |
| IPF President  | Meet Director  | NPF President  |