



## OFFICIAL INVITATION

**The International Powerlifting Federation**  
and  
**Lithuania Powerlifting Federation**  
invite  
the IPF member nations to participate in the

**Men's and Women's combined World Open, Sub-Junior & Junior and Masters  
Classic & Equipped Bench Press Championships**

**from 21<sup>st</sup> to 31<sup>st</sup> October 2021**

**in Vilnius, LITHUANIA**

**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.**

**Meet Director:** Erlandas Petrauskas  
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**Correspondence, Visa:** Raminta Petrauskaitė  
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**Accommodation  
and transport:** Raminta Petrauskaitė  
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**Technical Secretary:** Erlandas Petrauskas  
Phone: +370 610 19313  
E-Mail: erlandaspet@gmail.com

**IPF Championship  
Secretary:** Gaston Parage, 3, route D'Arion, L-8009 Strassen, Luxembourg  
Mobile Phone: +352-621165214, Fax: +352-582696,  
E-Mail: [Gaston.Parage@powerlifting.sport](mailto:Gaston.Parage@powerlifting.sport)

**Host City:** Vilnius, LITHUANIA

**Date:** 21<sup>st</sup> to 31<sup>st</sup> October 2021

**Venue:** Hotel Vilnius Gran Resort, Ezeraičiu km, Ezeraičiu str 2, Vilniaus raj, Lithuania

**Technical Meeting:** 21<sup>st</sup> October at Hotel Vilnius Grand Resort



**Hotel:** Hotel Vilnius Grand Resort, Ezeraičiu km, Ezeraičiu str 2, Vilniaus raj, Lithuania  
<https://www.vilniusgrandresort.com/en/>

**Hotel Rates:** **Prices for night per room with breakfast**  
EURO (single room – 1 person) 120 EUR per night/room  
EURO (twin room – 2 persons) 129 EUR per night/room

Hotel has limited number of rooms and will be booked “first come – first served” principle. In case of need, Organizer will provide more accommodation options with free transportation from the hotel to the venue.

**Note 1:**

All athletes, coaches, referees, or officials from each National Member Federation must stay in the official hotel for all days in attendance at the Event. If athletes, coaches, referees, or officials do not stay in the official hotel during the Event, 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 Event. All room reservations must be done through the meet director of the Event, unless otherwise specified on the Invitation to the Event. (IPF By-laws 14.4).

**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 at the latest with the deadline of the preliminary nomination. After the deadline the organizer cannot guarantee the accommodation.**

**Payable by:**

1. Bank transfer according the invoice from the organizer  
Payment must be received at the bank account  
latest **at the issued payment deadline on the invoice.**
2. Payment by cash (EUR) at **arrival.**

**Arrivals/Transportation Information**

**International Airport**

**for arrival:** Vilnius Airport (VNO)

Transport from and to the airport will be provided by Organizers.

Transportation to and from the Vilnius airport to the Hotel Vilnius Grand Resort is:

When arriving 1 person: 70 EUR per person/both ways

When arriving 2 people: 36 EUR per person/ both ways

When arriving 3 people: 30 EUR per person/ both ways

When arriving 4 or more people: 24 EUR per person/ both ways

All payments must be transfered at the latest 14 days prior to the beginning of the Championship by bank transfer.

**Scales:**

Scales will be available at the hotel, 24 hours.  
Scales will also be available at the venue.

**Training:**

Training will be available at the venue in specified area for accredited persons.

**Flag and anthem:**

Will be provided by the Organizer.



**Closing Banquets:**

**Equipped:** Sunday, 24<sup>th</sup> October 35 EUR/person  
**Classic:** Sunday, 31<sup>st</sup> October 35 EUR/person

**Participation Fee:** 50 € for each lifter declared must be wired to the IPF bank account

**Anti-Doping Fee:** 60 € for each lifter declared must be wired to the IPF bank account

**Health and Travel Insurance:** All delegate members must have a valid health insurance (it is also obligatory to have it at customs). The organiser and the IPF will not incur any expenses for a doctor or a stay in hospital. We recommend the travel insurance for covering loss of luggage, theft, delayed planes etc.

**COVID19 Regulations:** The Championship will be organised under strict COVID19 rules and regulations. IPF COVID Precautions are published on the webpage under the following link: <https://www.powerlifting.sport/fileadmin/ipf/data/championships/informations/2021/IPF.Covid.Precautions.pdf>  
Additionally, the IPF will follow to 100% the COVID Rules and Regulations of the Government from the host country (Lithuanian). ALL participants must follow the rules of the IPF COVID Precautions and the Rules and Regulations of the Lithuanian Government. Failure to do so, will cause a disqualification and exclusion from the championship.

**IMPORTANT NOTE:**

Organizer will provide detailed instructions regarding local Rules and Regulations of Lithuanian Government. Also, it could be monitored here:

<https://www.govilnius.lt/media-news/important-information-regarding-the-coronavirus>

Every person entering Lithuania must fill the online form to obtain QR code and present it at the border, the link is here:

<https://keleiviams.nvsc.lt/en/form>

**Anti-Doping Information:**

*For the*

**Men's and Women's combined World Open, Sub-Junior & Junior and Masters Classic & Equipped Bench Press Championships**

1. You are **strictly liable** for any substance found in your body (or specimen). You may be charged with anti-doping rule violation for the presence or use of a prohibited substance or method, whether its use was intentional or not.
2. Always check your medications and supplements before consuming them to make sure they do not contain any substances or methods included on the [WADA Prohibited List](#).
3. [Educate](#) yourself on the risks of [taking supplements](#) and minimize your risk.

Only Sub-Junior & Junior athletes **must** successfully complete education through the World Anti-Doping Agencies (WADA) online education platform ([ADeL](#)) in order to be able to compete. You must submit your completed certificate from ADeL with your nomination for your registration to be complete.

4. Understand and [educate](#) yourself on your [rights and responsibilities](#) as an athlete, including but not limited to:
  - requirements for submitting whereabouts information
  - rights and responsibilities during [sample collection](#)
  - responsibility to avoid the use of prohibited substances and methods
  - consent to the use of your information
  - obligations to follow the [IPF Anti-Doping Rules](#) and all consequences deriving therefrom



5. All athletes participating at this event are classified as an International Level Athlete.

As an International Level Athlete, if you have a medical condition for which you need to take a medication or use a therapeutic method that is prohibited under the WADA Prohibited List, apply for a Therapeutic Use Exemption (TUE) to the appropriate organization (IPF or NADO) prior to the start of its use and at least 30 days before competing.

For athletes competing in the Sub-Junior and Masters level categories, you are not required to apply for a TUE in advance of being tested. However, if you do compete in one of these categories and you take a medication that contains a prohibited substance you will be required to apply for a TUE retroactively should you be selected for doping control at this event.

For all anti-doping related questions, please contact [ipfantidoping@cces.ca](mailto:ipfantidoping@cces.ca).

**Nominations:** Team nomination forms must be in the hands of the Meet Director and the IPF Championship Secretary not later than: **22<sup>nd</sup> August 2021**.

**Preliminary:** **29<sup>th</sup> August 2021 complete filled in preliminary form must be sent. No final nomination will be accepted if complete filled in the preliminary was not sent).**

**Final:** **30<sup>th</sup> September 2021 (later entries will not be accepted).**

**21 Days Before Technical Meeting: 30<sup>th</sup> September is the latest date for any removal of nominated lifters or cancellation of booked hotel rooms.** If not any withdrawal is made 21 days prior to the Technical Meeting of a World Championship or Cup, federations are bound to pay the reserved hotel rooms, participation and doping fees for all lifters specified at the final nomination form (IPF By-Laws 14.4 and 14.5)

Correspondence: E-Mails regarding the championship must be sent to:

Meet Director and IPF Championship Secretary Gaston Parage – [Gaston.Parage@powerlifting.sport](mailto:Gaston.Parage@powerlifting.sport)

**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: IPF World Bench Press Championships 2021 Vilnius, Lithuania

Thursday	21 <sup>st</sup> October		<b>19:00</b>	<b>Technical meeting</b>			
<b>EQUIPPED BENCH PRESS</b>							
<i>Day</i>		<i>Weight-in time</i>	<i>Start</i>	first platform			
				<i>age category</i>	<i>classes</i>		
Friday	22 <sup>nd</sup> October	08:00 – 09:30	10:00	Men M1 – M4	59 – 74kg	23 lifters	
			<b>13:00</b>	<b>Opening ceremony</b>			
		12:00 – 13:30	14:00	Women M2 – M4	47 – 84+kg	22 lifters	
		14:00 – 15:30	16:00	Men M1 – M4	83kg - 93kg	35 lifters	
		17:00 – 18:30	19:00	Women M1	47 – 84+kg	25 lifters	
Saturday	23 <sup>rd</sup> October	07:00 – 08:30	09:00	Men M1 – M4	105 – 120+kg	43 lifters	
		11:00 – 12:30	13:00	Women SubJunior and Junior	47 – 84+kg	60 lifters	
		15:30 – 17:00	17:30	Men Subjunior and Junior	53 – 120+kg	48 lifters	
Sunday	24 <sup>th</sup> October	08:00 – 09:30	10:00	Open Men	59kg – 93kg	27 lifters	
		11:00 – 12:30	13:00	Open Women	47kg – 84+kg	49 lifters	
		15:00 – 16:30	17:00	Open Men	105kg – 120+kg	29 lifters	
			<b>20:00</b>	<b>Closing banquet</b>			

## CLASSIC BENCH PRESS

Day		Weight-in time	Start	first platform		second platform	
				age category	classes	age category	classes
Monday	25 <sup>th</sup> October	09:00 – 10:30	11:00	Men M3 – M4	59 – 74kg	13 lifters	
		12:00 – 13:30	14:00	Women M1 – M4	47 – 63kg	33 lifters	
Tuesday	26 <sup>th</sup> October	09:00 – 10:30	11:00	Men M1 – M2	59 – 83kg	32 lifters	
		13:00 – 14:30	15:00	Women M1 – M4	69 – 84+kg	26 lifters	
Wednesday	27 <sup>th</sup> October	09:00 – 10:30	11:00	Men M3 – M4	83 – 120+kg	29 lifters	
		12:00 – 13:30	14:00	Men M2	93 – 120+kg	16 lifters	
		14:00 – 15:30	16:00	Men M1	93 – 120+kg	29 lifters	
Thursday	28 <sup>th</sup> October	08:00 – 09:30	10:00	Women Sub-Junior	43 – 84+	27 lifters	
		10:00 – 11:30	12:00	Men Sub-Junior	53 – 120+	34 lifters	
		13:00 – 14:30	15:00	Women Junior	43 – 57	15 lifters	
		14:00 – 15:30	16:00	Men Junior	53 – 74	12 lifters	
Friday	29 <sup>th</sup> October	08:00 – 09:30	10:00	Women Junior	63 – 84+	19 lifters	
		10:00 – 11:30	12:00	Men Junior	83 – 120+	25 lifters	
		13:00 – 14:30	15:00	Open Women	47 – 57	17 lifters	
Saturday	30 <sup>th</sup> October	09:00-10:30	11:00	Open Men	59 -74	19 lifters	
		12:00 – 13:30	14:00	Open Women	63 – 76	20 lifters	
		14:00 – 15:30	16:00	Open Men	83 – 105	27 lifters	
Sunday	31 <sup>st</sup> October	08:00 – 09:30	10:00	Open Women	84 – 84+	12 lifters	
		09:00 – 10:30	11:00	Open Men	120 – 120+	24 lifters	
			<b>20:00</b>	<b>Closing banquet</b>			



### **Important Items to Remember**

Nomination of athletes and officials to International Events shall be received by the Championship Secretary with a copy to the Meet Director within the following time limits:

- Preliminary nomination not later than 60 days prior to an International Event.
- Final nomination, submitted not later than 21 days prior to an International Event, must be made from those nominated in the preliminary nomination. (IPF By-Laws 14.5)

According Technical Rules [Page 4, item 7] at the final nomination you must definitely 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 timetable of events. All changes will take place at the technical meeting that will be held on Wednesday September 22, 2021 at 19:00 hrs. Victory Ceremonies will be held at the end of each lifting session. It will be mandatory that each athlete wear their National Team Warm-up/Track Suit for the award presentation.

**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.

**Gaston Parage**  
**President IPF**

**Erlandas Petrauskas**  
**Meet Director**