



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 21st to 31st 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
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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

Host City: Vilnius, LITHUANIA

Date: 21st to 31st October 2021

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

Technical Meeting: 21st October at Hotel Vilnius Grand Resort



Hotel: Hotel Vilnius Grand Resort, Ezeiraiciu km, Ezeiraiciu 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, 24th October 35 EUR/person
Classic: Sunday, 31st 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.

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

Preliminary: **29th 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: **30th September 2021 (later entries will not be accepted).**

21 Days Before Technical Meeting: 30th 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

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 th October		19:00	Technical meeting			
EQUIPPED BENCH PRESS							
<i>Day</i>		<i>Weight-in time</i>	<i>Start</i>	<i>first platform</i>		<i>second platform</i>	
				<i>age category</i>	<i>classes</i>	<i>age category</i>	<i>classes</i>
Friday	22 th October	08:30 – 10:00	10:30	Men M3 – M4	59 – 74kg	Women M3 – M4	47kg – 84+kg
			13:00	Opening ceremony			
		12:00 – 13:30	14:00	Men M1 – M2	59 – 74kg	Men M1–M4	83kg
		14:30 – 16:00	16:30	Women M1	47kg – 84+kg	Women M2	47kg – 84+kg
		17:30 – 19:00	19:30	Men M1 – M2	93kg	Men M3 – M4	93 – 105 kg
Saturday	23 th October	09:00 – 10:30	11:00	Men M2 Men M3 – M4	105 – 120+kg 120 – 120+kg	Men M1	105 – 120+kg
		12:00 – 13:30	14:00	Men Sub-Junior	53kg – +120kg	Women Sub-Junior	43kg – 84+kg
		15:00 – 16:30	17:00	Women Junior	43kg – 57kg	Women Junior	63kg – +84kg
		17:00 – 18:30	19:00	Men Junior	53kg – 74kg	Men Junior	83kg – 120+kg
Sunday	24 th October	08:00 – 09:30	10:00	Open Men	59kg – 66kg	Open Men	74kg – 83kg
		10:00 – 11:30	12:00	Open Women	47kg – 57kg	Open Women	63kg – 76kg
		12:00 – 13:30	14:00	Open Men	93kg – 105kg	Open Women	84kg – 84+kg
		14:00 – 15:30	16:00	Open Men	120 – 120+kg		
			20:00	Closing banquet			

CLASSIC BENCH PRESS

Day		Weight-in time	Start	first platform		second platform	
				age category	classes	age category	classes
Monday	25 th October	09:00 – 10:30	11:00	Men M3 – M4	59 – 74	Women M1 – M4	47 – 52
		13:00 – 14:30	15:00	Women M1 – M4	57 -63		
Tuesday	26 th October	09:00 – 10:30	11:00	Men M1	59 – 83	Men M2	59 – 83
		13:00 – 14:30	15:00	Women M1	69 – 84+	Women M2-M4	69 – 84+
Wednesday	27 th October	09:00 – 10:30	11:00	Men M3 – M4	83 – 93	Men M3 – M4	105 – 120+
		13:00 – 14:30	15:00	Men M1	93 – 120+	Men M2	93 – 120+
Thursday	28 th October	09:00 – 10:30	11:00	Women Sub-Junior	43 – 84+	Men Sub-Junior	53 – 120+
		13:00 – 14:30	15:00	Women Junior	43 – 57	Men Junior	53 – 74
Friday	29 th October	09:00 – 10:30	11:00	Women Junior	63 – 84+	Men Junior	83 – 120+
		13:00 – 14:30	15:00	Open Women	47 – 57		
Saturday	30 th October	09:00-10:30	11:00	Open Men	59 -74		
		12:00 – 13:30	14:00	Open Women	63 – 76		
		15:00 – 16:30	17:00	Open Men	83 – 93		
Sunday	31 st October	08:00 – 09:30	10:00	Open Men	105		
		11:00 – 12:30	13:00	Open Women	84 – 84+		
		14:00 – 15:30	16:00	Open Men	120 – 120+		
			20:00	Closing banquet			

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