



OFFICIAL INVITATION

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

IPF World Open Equipped Powerlifting Championships

from 13/11/2023 to 18/11/2023

in Druskininkai, 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:	Name: Erlandas Petrauskas Address: Naujakuriu 51, Jonava Lithuania Phone: +37061019313 E-mail: erlandaspet@gmail.com
Correspondence, Visa:	Name: Gabija Dargytė Phone: +37065631550 E-mail: gabijadargyte@gmail.com
Accommodation and transport:	Name: Gabija Dargytė Phone: +37065631550 E-mail: gabijadargyte@gmail.com
Technical Secretary:	Name: Anatolijus Kondrotenko Phone: +37068644875 E-mail: anatolijuskondr@gmail.com
IPF Championship Secretary:	Gaston Parage, 3, route D'Arlon, L-8009 Strassen, Luxembourg Mobile Phone: +352-621165214, Fax: +352-582696 E-mail: Gaston.Parage@powerlifting.sport
Host City:	Druskininkai, Lithuania
Date:	13/11/23 - 18/11/23
Venue:	"Druskininku sporto centras" M.K.Ciurliono street 97-2, Druskininkai LT-66162



Technical Meeting: 12/11/23, 20:00, "Druskininku sporto centras" M.K.Ciurliono street 97-2

Hotel:	Name:	„Druskininkų sporto centras” Guest House
	Address:	M.K.Ciurliono street 97-2, Druskininkai LT-66162
	Phone:	+37066380851
	E-mail:	justinaszirlys@lscentras.lt Webpage: https://druskininkusc.lt/
Hotel:	Name:	De Lita
	Address:	Vytauto street. 43, LT-66171 Druskininkai
	Phone:	+37061483189
	E-mail:	sales@delita.lt
	Webpage:	https://delita.lt/

Hotel Rates:	Prices per night per room with breakfast, lunch and dinner
	EUR 95,-- (single room = 1 person)
	EUR 150,-- (double room = 2 persons)

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
Payment must be received at the bank account
latest **at the issued payment deadline on the invoice.**
2. Payment by credit card or in cash (EUR) at **arrival.**

International Airport for arrival:	International Vilnius Airport, International Kaunas airport
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Arrivals/Transportation:	Transportation will be waiting in airport. From Vilnius to Druskininkai 130km.
Price:	1 person- 100 EURO one way 2 persons- 50 EURO one way 3 persons- 35 EURO one way 4 and more- 25 EURO one way



Transport between Hotel and Venue will be provided for free. Schedule of operating hours of the bus will be published in the Hotel and Venue.

Scales: Scales will be available at the official hotel(s), 24 hours.
Scales will also be available at the venue.

Training: In the same venue, training hours from 07:00 – 22:00

Flag and anthem: Will be provided by the Organizer.

Closing Banquet: “Druskininku sporto centras” M.K.Ciurlionio street 97-2
18/11/23; 20:30; EUR 35,-- per person
**The banquets tickets must be ordered with the preliminary nomination.
Payment must be done** Cash or credit card

Participation Fee: 60 € 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. ALL participants must follow the rules of the IPF COVID Precautions and the Rules and Regulations of the Host Countries Government. Failure to do so, will cause a disqualification and exclusion from the championship.

Anti-Doping Information:

For the:

World equipped powerlifting championship

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.

All 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 are 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: 23rd October 2023
Preliminary:	14th September 2023 complete filled in preliminary form must be sent. No final nomination will be accepted if complete filled in the preliminary was not sent).
Final:	23rd October 2023 (later entries will not be accepted).

21 Days Before Technical Meeting: 23rd of October 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

Provisional Timetable World Open Equipped Powerlifting Championship 2023 - Lithuania

Technical Meeting: Sunday, 12th November 2023 20:00

Opening Ceremony: Monday, 13th November 2023 13:00

Day	Weigh-in Time	Men/Women	Category	Start	End
Monday, 13.11.23	08:00 - 09:30	Women	47kg	10:00	12:30
		Opening	Ceremony	12:40	13:00
	11:00 - 12:30	Men	59kg	13:00	16:00
	14:00 - 15:30	Women	52kg	16:00	18:30



Tuesday, 14.11.23	10:00 - 11:30	Men	66kg	12:00	14:30
	13:00 - 14:30	Women	57kg	15:00	17:30
	16:00 - 17:30	Men	74kg	18:00	20:30
Wednesday, 15.11.23	08:00 - 09:00	Men	83kg	10:00	14:00
	12:30 - 14:00	Men	93kg B-Group	14:30	18:30
	17:00 - 18:30	Women	63kg A-Group	19:00	22:00
	17:00 - 18:30	Men	93kg A-Group	19:00	22:00
Thursday, 16.11.2023	11:00 - 12:30	Women	69kg	13:00	16:30
	15:00 - 16:30	Men	105kg	17:00	20:30
Friday, 17.11.23	09:00 - 10:30	Women	76kg	11:00	14:00
	12:30 - 14:00	Men/Women	Special Olympics All Categories	14:30	16:30
	15:00 - 16:30	Men	120kg	17:00	20:00
Saturday, 18.11.23	07:30 - 09:00	Women	84kg B-Group	09:30	12:30
	07:30 - 09:00	Women	84+kg	09:30	12:30
	11:00 - 12:30	Men	120+ kg B-Group	13:00	15:30
	13:00 - 14:30	Women	84kg A-Group	16:00	19:00
	13:00 - 14:30	Men	120+kg A-Group	16:00	19:00

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 12/11/23 20:00. 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

Erlandas Petrauskas
President nat. Fed.