



**The International Powerlifting Federation, European
Powerlifting Federation and British Powerlifting
invite**

**IPF member nations to participate in the
2024 Arnold Classic UK, in Birmingham, United Kingdom
15 – 17 March 2024**

Open Classic Powerlifting - Men/Women

Friday, 15th March 10am

	Prize Money - Men	Women
1. Place	€3.000	€3.000
2. Place	€1.500	€1.500
3. Place	€1.000	€1.000

Open Equipped Powerlifting - Men and Women

Saturday, 16th March 10am

	Prize Money - Men	Women
1. Place	€3.000	€3.000
2. Place	€1.500	€1.500
3. Place	€1.000	€1.000



Open Equipped Bench Press - Men and Women

Sunday, 17th March 10am

	Prize Money - Men	Women
1. Place	€2.000	€2.000
2. Place	€1.000	€1.000
3. Place	€ 500	€ 500

The results will be conducted via IPF GL-Points

Please note: all information is posted only for information purposes. All team selections, all official entries for the event must be done by IPF Member nations, NOT by individuals.

IPF reserves the right to limit the number of participants following the preliminary nomination.

For Equipped Powerlifting it is 16 lifters per gender!

Equipped Powerlifting Men – 16 lifters (10 lifters international 6 lifters reserved for British Powerlifting*)

Equipped Powerlifting Women - 16 lifters (10 lifters international 6 lifters reserved for British Powerlifting*)

For Classic Powerlifting it is 20 lifters per gender!

Classic Powerlifting Men – 20 lifters (13 lifters international 7 lifters reserved for British Powerlifting*)

Classic Powerlifting Women - 20 lifters (13 lifters international 7 lifters reserved for British Powerlifting*)

For Open Equipped Bench Press it is 24 lifters per gender!

Open Equipped Bench Clash Men – 24 lifters (16 lifters international 8 lifters reserved for British Powerlifting*)

Open Equipped Bench Clash Women – 24 lifters (16 lifters international 8 lifters reserved for British Powerlifting*)

*** If British Powerlifting does not need all the granted slots with the preliminary nomination, the remaining slots will be given to the international lifters.**



The ranking for the slots for international lifters will be based on their best result (IPF Points) within the last 24 months. This result must be proofed by the national federation, who is doing the nomination.

No restrictions on referees.

Free pass: all lifters, referees, coaches, and officials will receive passes to access the Arnold Classic UK 2024 for the competition day

Please note, if an athlete, coach, referee or official gives his/her accreditation to a third person, they will be expelled from the event and he/she would be asked to pay the entrance fee.

The organization reserves the right of admission against any athlete, coach, referee or official, as well as his/her expulsion of the venue if there is violent or illicit attitude during the event.

Meet Director: James Brincat-Smith
competitions@britishpowerlifting.org

IPF Championship Secretary: Gaston Parage
gaston.parage@powerlifting.sport

Nominations must be done via the national federation on the Goodlift program, however a copy of the nomination form must also be sent to:

Meet

Director: James Brincat-Smith, competitions@britishpowerlifting.org

Copy: IPF Championship Secretary Gaston Parage
gaston.parage@powerlifting.sport

Host City: Birmingham, United Kingdom

Date: 15.-17. March 2024

VENUE: National Exhibition Centre – NEC: North Ave, Marston Green, Birmingham B40 1NT, United Kingdom, <https://www.thenec.co.uk>

Technical Meeting: 14th March; 19:00 – Location will be announced due time

Arrivals/Transport: **Will not be provided**



Hotels:

HOTEL IBIS Styles Birmingham NEC

Location: Bickenhill Ln, Marston Green, Birmingham B40 1PQ, United Kingdom

HOTEL IBIS Budget Birmingham NEC

Location: Birmingham Airport, Ambassador Rd, Birmingham B26 3AW, United Kingdom

Hotel Novotel Birmingham Airport

Location: Birmingham Airport, 26 3QL, Bickenhill

Please note The Hotel is only a recommendation - all athletes, coaches, referees, and officials are free to find their own accommodation.

IPF will not be responsible for any hotel bills of the participating nations.

Scale: Scale available at the venue

Participation fee: 60 EUR per event for each lifter must be paid by bank transfer to the IPF account.

Anti-Doping fee: 60 EUR per event for each lifter must be paid by bank transfer to the IPF account.

The IPF treasurer will send invoice for both Participation and Anti-doping fees to all entered Federation.

Payment must be received by the IPF account: Bank transfer to the following bank account:

Name of the account: International Powerlifting Federation
Name of the Bank: Caisse d'Epargne de l'Etat du Luxembourg
Account number: (IBAN) LU57 0019 1300 4802 3000
Bic Code: BCEELULL
Address: Place de Metz L-2954, Luxembourg

Payment must be received at the above-mentioned bank account at the latest 14 days prior to the start of the event

Nominations: Team nomination forms must be in the hands of the Meet director and the Technical secretary not later than:

Preliminary: 13th January 2024 complete filled in preliminary form must be sent. No final nomination will be accepted if a complete filled in preliminary nomination form was not sent in time.

Final: 23rd February 2024 - later entries sent on next days will not be accepted.

Sending of the final nomination is obligatory!!! Final nomination must be sent not later than 21 days before the date of the event and must be made only from lifters nominated in Preliminary nomination of the Event. This is inclusive of reserve or alternate lifters.



Nominations must be done via the electronical nomination system of the IPF and also a copy of the nomination must be sent to the Meet Director and the Technical Secretary.

Confirmation of the referee's participation: It is obligatory for every Federation to confirm the participation of their nominated Referees in the Final nomination or cancel the referees who will not participate in the event.

Identification: all lifters are expected to present passports and other required documents at the weigh-in.

VISA: Please keep in mind that UK is no longer a member of the European Union. Each athlete, official and referee is responsible by him- or herself to make sure that he will be able to travel to UK

Health insurance: All delegate members must have a valid health insurance. The Organizer 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, delayed flights, etc.

Preliminary timetable:

Day	Session	Weigh In	Competition	Victory Ceremony
Friday, 15.02.24	1. Classic Powerlifting Men	08:00 – 09:30	10:00 – 13:00	13:15
	2. Classic Powerlifting Women	11:30 – 13:00	13:30 – 16:30	16:45
Saturday, 16.03.24	1. Equipped Powerlifting Women	08:00 – 09:30	10:00 – 13:00	13:15
	2. Equipped Powerlifting Men	11:30 – 13:00	13:30 – 16:30	16:45
Sunday, 17.03.24	1. Equipped Bench Press Women	08:00 – 09:30	10:00 – 12:00	12:15
	2. Equipped Bench Press Men	10:30 – 12:00	12:30 – 15:30	15:45

All Results will be conducted by IPF GL Points!



Important Note: Changes may be made to the schedule of events after the Final nomination depending on the number of lifters finally entered at this Final nomination. Changes of the timetable are possible after the Final nomination

The Victory Ceremonies of all Events will be immediately after the Session.

It will be MANDATORY for ALL award winners (male and female) to attend this victory ceremony otherwise he/she will lose his/her prize money.

It is mandatory that each athlete wears his/her National Team Track Suit for the award presentation.

Gaston Parage
IPF President
IPF Championship Secretary

James Brincat-Smith
GB Powerlifting
Meet Director