



**OFFICIAL INVITATION**  
**The International Powerlifting Federation**  
and  
**Icelandic Powerlifting Federation**  
invite  
the IPF member nations to participate in the  
**World Open Equipped Powerlifting Championships**  
from 11<sup>th</sup> to 16<sup>th</sup> November 2024  
in **Reykjanesbaer/Iceland**

**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.**

<b>Meet Director:</b>	Name: Ellert B. Ómarsson Phone: +354 662 6936 E-Mail: <a href="mailto:2024wc@kraft.is">2024wc@kraft.is</a>
<b>Correspondence, Visa:</b>	Name: Lára Bogey Finnbogadóttir Phone: +354 865 5332 E-mail: <a href="mailto:2024wc@kraft.is">2024wc@kraft.is</a>
<b>Accommodation / Hotel</b>	Name: Gulla Olsen Phone: +354 777 9922 E-Mail: <a href="mailto:2024wc@kraft.is">2024wc@kraft.is</a>
<b>Transport:</b>	Name: Ragnar Axel Gunnarsson Phone: +354 695 0801 E-Mail: <a href="mailto:2024wc@kraft.is">2024wc@kraft.is</a>
<b>Technical Secretary:</b>	Name: Helgi Hauksson Phone: +354 822 1506 E-mail: <a href="mailto:helgi@internet.is">helgi@internet.is</a>
<b>IPF Championship Secretary:</b>	Gaston Parage, 3, route D'Arlon, L-8009 Strassen, Luxembourg Mobile Phone: +352-621165214, Fax: +352-582696 E-mail: <a href="mailto:gaston.parage@powerlifting.sport">gaston.parage@powerlifting.sport</a>
<b>Host City:</b>	Reykjanesbaer/Iceland
<b>Date:</b>	Date from 11 <sup>th</sup> to 16 <sup>th</sup> November 2024.
<b>Venue:</b>	Njarðvík Sportshall (Massi), Norðurstígur 4, 260 Reykjanesbær <a href="https://goo.gl/maps/eK8Gq8obAAjvgWJH8">https://goo.gl/maps/eK8Gq8obAAjvgWJH8</a>
<b>Technical Meeting:</b>	Sunday 10 <sup>th</sup> November at 20:00 at <i>Courtyard by Marriott hotel</i>



## **Hotel Information:**

### *Courtyard by Marriott Reykjavik Keflavik Airport*

Aðalgata 60, 230 Reykjanesbær, Iceland.

<https://maps.app.goo.gl/EbohrdjXZHDp7FkJ7>

### *Konvin Hotel - Keflavik Airport*

Keilisbraut 762, 235 Reykjanesbær, Iceland.

<https://maps.app.goo.gl/Zgiv1Drt3bB8hoT4A>

Please use *Accommodation\_Hotel\_booking\_form* to book rooms.

Hotel rooms at Courtyard by Marriott and Konvin Hotel are of same quality and therefor have the identical pricing. Championship organizer will arrange rooms between hotels so that team nations stay together at the same hotel.

Single room	175 €/night/room incl. breakfast
Double room	220 €/night/room incl. breakfast
Triple room	260 €/night/room incl. breakfast
Quadruple room	315 €/night/room incl. breakfast

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## **Hotel Reservation information:**

### **Note 1:**

**All athletes, coaches, referees and officials from each federation must stay in the official hotel for all days they require an accreditation for the event. Failure to comply will have the effect that they will not receive accreditation and will be excluded from that championship.** 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  
Address: Landsbankinn, Reykjastræti 6, 101 Reykjavík Iceland  
Swift/bic code: NBIISRE  
IBAN: IS28 0133 3800 2843 7112 0437 70
2. Payment by credit card **at arrival.** (All major Credit Cards will be accepted)

### **International Airport**

**for arrival:** Keflavik International Airport (KEF, Reykjavík)

**Airport Transportation (Arrivals/Departures):** From airport to hotel (one way) **10 €** per person

Please use *Transport\_booking\_form* with flight details and clarify if transport is requested or not.  
If you have decided to book a rental car for personal use, we wish to be informed.

**Transport from Hotel to Venue:**

Free transport will be provided according to a proper transport schedule – schedule will be published in each hotel.

**Scales:**

Scales will be available at the official hotels, 24 hours.  
A Scale will also be available at the venue.  
The Scales will be available minimum 2 days prior to the first competition day.

**Training:**

Training will be available at the hotels 2 days prior to the first competition day.  
Equipment will be IPF approved racks, bar, and weights.

**Flag and anthem:** Will be provided by the Organizer.

**Closing Banquet:** Saturday 16<sup>th</sup> November at 20:00. Will be located at a Restaurant outside of hotel.

Free transport will be provided from the hotels to Banquet and return.

**Price Banquet Ticket: EUR 45 €**

**The banquets tickets must be ordered/reserved and sent with the preliminary nomination.**

**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.

**Coach Capitation Fee:**

50 € for each nominated coach 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.

**Anti-Doping Information:**

*For the:*

**World Open Equipped Powerlifting 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.

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](mailto:ipfantidoping@cces.ca).

<b>Nominations:</b>	Team nomination forms must be in the hands of the Meet Director and the IPF Championship Secretary not later than:
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<b>Preliminary:</b>	<b>12<sup>th</sup> September 2024 complete filled in preliminary form must be sent. No final nomination will be accepted if complete filled in the preliminary was not sent).</b>
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<b>Final:</b>	<b>21<sup>st</sup> October 2024 (later entries will not be accepted).</b>
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**21 Days Before Technical Meeting: 21<sup>st</sup> October 2024 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)

**Please take note of IPF By-Law 14.4:**

All accredited athletes, coaches, officials, and referees nominated by their national federation for an international or world championship event, must stay in the official hotel(s) designated by the organizer. An accreditation badge shall not be issued to a nominated athlete, coach, official or referee that is not staying in the hotel. Additionally, the issued credential shall match the number of days they will be officially participating in the event. If an athlete, coach, referee or official does not stay in the hotel, they shall not receive accreditation and shall be excluded from the event.

**Provisional Timetable**

**Technical Meeting:** Sunday, 10<sup>th</sup> November 2024 20:00  
**Opening Ceremony:** Monday, 11<sup>th</sup> November 2024 – 12:30

Day	Weigh-in Time	Men/Women	Category	Start	End
Monday, 11.11.23		<b>Opening</b>	<b>Ceremony</b>	12:30	13:00
	11:00 - 12:30	Men	59kg	13:00	16:00
	14:00 – 15:30	Women	47kg	16:00	18:30
	14:00 - 15:30	Women	52kg	16:00	18:30
Tuesday, 12.11.23	09:00 - 10:30	Men	66kg	11:00	13:30
	12:00 - 13:30	Women	57kg	14:00	17:30
	16:00 - 17:30	Men	74kg	18:00	20:30

Wednesday, 13.11.23	08:00 - 09:30	Men	83kg	10:00	14:00
	12:30 - 14:00	Men	93kg B-Group	14:30	18:30
	12:30 - 14:00	Women	63kg B-Group	14:30	18:30
Eurosport	17:00 - 18:30	Women	63kg A-Group (8)	19:00	22:00
Eurosport	17:00 - 18:30	Men	93kg A-Group (8)	19:00	22:00
Thursday, 14.11.2023	11:00 - 12:30	Women	69kg	13:00	16:30
	15:00 - 16:30	Men	105kg	17:00	20:30
Friday, 15.11.23	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, 16.11.23	09:00 - 10:30	Women	84+kg	11:00	14:30
	09:00 - 10:30	Men	120+ kg B-Group	11:00	14:30
Eurosport	13:00 - 14:30	Women	84kg A-Group (8)	15:00	18:00
Eurosport	13:00 - 14:30	Men	120+kg A-Group (8)	15:00	18:00
			Closing Banquet	20:00	

### **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)
- If challenged, the National Federation may be required to provide evidence of an athlete's total during the previous 12 months.

According to the 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 10<sup>th</sup> November 2024 at 20:00hrs. 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 & Championship Secretary  
International Powerlifting Federation

**Ellert B. Ómarsson**  
Meet Director

**Hinrik Pálsson**  
President Islandic  
Powerlifting Fed.