



OFFICIAL INVITATION

The International Powerlifting Federation
and
The Norwegian Powerlifting federation
invite

the IPF member nations to participate in the

IPF 2025 World Classic & Equipped Bench Press Championships

from 17th of May to 24th of May 2025

in Drammen, Norway

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:	Per Øivind Fjeld
	Address:	Viking Stadion, Jåttåvågen, Pb. 3033, 4095 Stavanger
	Phone:	+47 480 70 032
	E-mail:	p-oeifj@online.no

Correspondence, Visa:	Name:	Janne Gunn Gaard
	Phone:	+47 913 21 685
	E-mail:	Styrkeloftforbundet@nif.idrett.no

Correspondence, Hotels:	Name:	Janne Gunn Gaard
	Phone:	+47 913 21 685
	E-mail:	Styrkeloftforbundet@nif.idrett.no

Accommodation and transport:	Name:	Janne Gunn Gaard
	Phone:	+47 913 21 685
	E-mail:	Styrkeloftforbundet@nif.idrett.no

Technical Secretary:	Name:	Morten Novum
	Phone:	+47 908 22 012
	E-mail:	novum@online.no

IPF Championship Secretary:	Pjotr van den Hoek, 3, route D'Arion, L-8009 Strassen, Luxembourg Mobile Phone: +31 644094698 E-mail: championshipsecretary@powerlifting.sport	
------------------------------------	--	--

Host City:	Drammen, Norway
-------------------	-----------------



Date: From 17th of May to 24th of May 2025

Venue: Drammenshallen, Bjørnstjerne Bjørnsons gate 53, 3044 Drammen

Technical Meeting: Drammenshallen, 17th of May 20:00

Hotels:	Name:	Scandic Ambassadeur – Official hotel
	Address:	Strømsø Torg 7, 3044 Drammen
	Phone:	+47 31 01 21 00
	E-mail:	ambassadeurdrammen@scandichotels.com
	Webpage:	Scandic Ambassadeur Drammen
	Rates:	1 590 NOK Single room – 1 person 1 790 NOK Twin room – 2 persons 1 990 NOK Triple room – 3 persons
	Name:	Strawberry River Station
	Address:	Dr. Hansteinsgate 7, 3044 Drammen
	Phone:	+47 31 91 19 00
	E-mail:	q.riverstation@strawberry.no
	Webpage:	Quality Hotel™ River Station Hotell i Drammen Strawberry
	Rates:	1 595 NOK Single room – 1 person 1 795 NOK Twin room – 2 persons 2 195 NOK triple room – 3 persons 2 695 NOK 4 pax – 4 persons
	Name:	Clarion Collection Hotel Tollboden
	Address:	Tollbugaten 43, 3044 Drammen
	Phone:	+47 32 80 51 00
	E-mail:	cc.tollboden@strawberry.no
	Webpage:	Clarion Collection Hotel Tollboden (strawberry.no)
	Rates:	1 595 NOK Single room – 1 person 2 095 NOK Twin room – 2 persons 2 595 NOK triple room – 3 persons 3 095 NOK 4 pax – 4 persons
	Name:	Comfort Hotel Union Brygge
	Address:	Grønland 643045 Drammen
	Phone:	+47 32 21 70 00
	E-mail:	co.unionbrygge@strawberry.no
	Webpage:	Comfort Hotel® Union Brygge Hotell i Drammen Strawberry
	Rates:	1 595 NOK Single room – 1 person 1 795 NOK Twin room – 2 persons



All rates above includes breakfast

Note 1:

All athletes, coaches, referees and officials from each federation must stay in the official hotels 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 meetdirector 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 to 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 (NOK) at **arrival.**

International Airport for arrival: Oslo Lufthavn Gardermoen (OSL)

Arrivals/Transportation: The Airport Express Train to Drammen every 20 minutes.

Transport to the venue: All hotels is located in walking distance, 7 to 17 minutes from the venue. There will also be a shuttle bus from the hotels to/from the venue. Tickets at NOK 40,-.

Scales: Scales will be available at the official hotel, 24 hours.
Scales will also be available at the venue, and at hotel Strawberry River Station

Training: Training will be available from the 17th of May in the venue, earlier in the gym.

Flag and anthem: Will be provided by the Organizer.

Closing Banquet: At the Scandic Ambassadeur hotel, 21st of May at 19:00 for Classic lifters. Prize 525 NOK.
At the Scandic Ambassadeur hotel, 24th of May at 19:00 for Equipped lifters. Prize 525 NOK.

The banquets tickets must be ordered with the preliminary nomination.



Payment must be done by Bank transfer according to the invoice.

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 IPF 2025 World 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.

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 taking 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: 19.3.2025
Preliminary:	19.3.2025 complete filled in preliminary form must be sent. No final nomination will be accepted if complete filled in the preliminary was not sent).
Final:	27.4.2025 (later entries will not be accepted).

21 Days Before Technical Meeting: 27.4.2025 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 Pjotr van den Hoek – championshipsecretary@powerlifting.sport

Please take note of IPF By-Law 14.4:

All accredited athletes, coaches, referees, and officials from each federation must stay in the official hotel for all days they require accreditation for the event. Failure to comply will have the effect that they will not receive accreditation and will be excluded from that championship.

For all championships, to receive accreditation, each athlete, coach, official or referee must stay in the designated championship hotel(s) for a minimum of two nights. In exchange the athlete, coach, official and referee shall receive accreditation for a period of three days – the arrival, competition, and departure day.



Provisional timetable:

Timetable

Technical Meeting: 17.5.2025 at 2000 hrs
Opening Ceremony: 18.5.2025 at 0900 hrs

Day	Weigh-in Time	Men/Women	Category	Start	End
Sunday 18.5.25					
	Opening ceremony	at 0900 hrs			
Classic all day	08.00	Women	M4, M3 All	10.00	11.10
	08.00	Men	M4 All	10.00	11.20
	10.30	Women	M2 All	12.30	14.30
	10.30	Men	M3 All	12.30	14.10
	13.30	Women	M1 All	15.30	17.10
	13.30	Men	M2 59 kg-105 kg	15.30	17.30
Monday 19.5.25					
Classic all day	08.00	Women	Subjr All	10.00	1100
	08.00	Men	M2 120 kg, 120+ kg	10.00	1100
	10.30	Women	Jr. All	12.30	13.45
	10.30	Men	M1 59 kg – 105 kg	12.30	14.30
	13.30	Men	Subjr All	15.30	17.15
	13.30	Men	M1 120 kg, 120+ kg	15.30	16.15
	16.30	Men	Jr 53 kg – 83 kg	18.30	20.20
	16.30	Men	Jr 93 kg – 120+ kg	18.30	20.00
Thursday 20.5.25					
Classic all day	10.00	Women	Open 47 kg – 69 kg	12.00	14.00
	13.00	Men	Open 59 kg – 83 kg	15.00	17.00
Wednesday 21.5.25					
Classic all day	09.00	Men	Classic Open 93 kg – 105 kg	11.00	12.20
	11.00	Women	Classic Open 76 kg – 84+ kg	13.00	14.30
	13.30	Men	Classic Open 120 kg – 120+ kg	15.30	16.30
	Banquet for classic lifting at 1900 hrs				



Thursday 22.5.25					
Equipped all day	08.00	Women	M3, M4 All	10.00	11.00
	08.00	Men	M4 All	10.00	10.50
	10.00	Women	M2 All	12.00	13.30
	10.00	Men	M3 All	12.00	13.45
	12.30	Women	M1 All	14.30	16.00
	12.30	Men	M2 All	14.30	16.30
	15.00	Women	Subjr, Jr All	17.00	18.45
Friday 23.5.25					
Equipped all day	08.00	Men	Subjr. All	10.00	11.30
	08.00	Men	M1 All	10.00	11.30
	10.30	Men	Jr All	12.30	14.00
	13.00	Women	Open 47 kg – 69 kg	15.00	17.00
Saturday 24.5.25					
Equipped all day	08.00	Men	Open 59 kg – 93 kg	10.00	12.00
	11.00	Women	Open 76 kg – 84+ kg	13.00	14.15
	13.00	Men	Open 105 kg – 120+ kg	15.00	16.45
	Banquet for equipped lifting at 1900 hrs				



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 to 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 17.5.2025 at 20:00 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.

Sigurjón Pétursson

Per Fjeld

Inger Blikra

Interim President IPF

Meet Director

President nat. Fed.