



OFFICIAL INVITATION

The International Powerlifting Federation
and
Polish Bodybuilding, Fitness and Powerlifting Federation
invite
the IPF member nations to participate in the


IPF 2026 World Classic & Equipped Bench Press Championships

from 23th of May to 31th of May 2026

in Warsaw, Poland

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:	Pawel Filleborn
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	E-mail:	pawelfilleborn@gmail.com
Correspondence, Visa:	Name:	Radoslaw Grzechnik
	Phone:	+48691660625
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Correspondence, Hotels:	Name:	Arkadiusz Kempinski
	Phone:	+48608882275
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Accommodation and transport:	Name:	Arkadiusz Kempinski
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Technical Secretary:	Name:	Grzegorz Nocek
	Phone:	+48602410391
	E-mail:	gnocek@pzkfits.pl

IPF Championship Secretary:	Name:	Pjotr van den Hoek
	Address:	3, route D’Arlon, L-8009 Strassen, Luxembourg
	Phone:	+31 644094698
	E-mail:	championshipsecretary@powerlifting.sport
Meet Updates & Meet Nomination Questions	Nominations: questions and information	<p>to the IPF Championship Team email (Pjotr van den Hoek and Nadezhda Churilova) via email and WhatsApp:</p> <p>championshipsecretary@powerlifting.sport</p> <p>https://chat.whatsapp.com/C1PH1hOxEMCGHdjTA0kEfx</p> 
	Event updates:	<p>note that updates will be shared via the IPF Calendar Events Coaches Chat (WhatsApp - https://chat.whatsapp.com/BTL33cyQZe0BLr3fqNIdB1) and via email.</p> 

Host City:	Warsaw, Poland
Date:	From 23 th of May to 31 th of May 2026
Venue:	Center Sport Raszyn, Sportowa 30, 05-090 Raszyn
Technical Meeting:	Place: Conference room – Arche Hotel Krakowska, Al. Krakowska 237/U1, 02-180 Warsaw Date: 22 th of May 20:00

Hotels:	Name:	Arche Krakowska	
	Address:	Al. Krakowska 237/U1, 02-180 Warsaw	
	Phone:	+48 22 60 99 000	
	E-mail:	recepcja@archehotelkrakowska.pl	
	Webpage:	https://www.archehotelkrakowska.pl/	
	Rates:	Single room – 120 EUR Double room – 160 EUR	
	Name:	Arche Poloneza	
	Address:	Poloneza 87 02-826 Warszawa, Polska	
	Phone:	+48 22 670 99 80	
	E-mail:	kontakt@archehotelpoloneza.pl	
	Webpage:	https://www.archehotelpoloneza.pl/	
	Rates:	Single room – 120 EUR Double room – 160 EUR	
	All rates above include breakfast		

Note 1:

Each team is required to submit both the preliminary and final nomination forms to the IPF Championship Secretary and the Meet Director. Additionally, the team must be familiar with the rules for nominating referees and coaches, which are indicated and specified in the nomination form.

Note 2:

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. The stay must include a minimum of two consecutive nights in the designated championship hotel. In exchange the athlete, coach, official and referee shall receive accreditation for a period of three days – the arrival, competition, and departure day.

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 3:

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 (EUR) at **arrival.**

International Airport for arrival:	https://www.lotnisko-chopina.pl/ Warsaw Chopin Airport
Arrivals/Transportation:	15 EUR way one or Taxi, Bolt, Uber
Transport to the venue:	shuttle bus
Scales:	Scales will be available at the official hotel, 24 hours. Scales will also be available at the venue, and at hotel Arche Krakowska/Arche Poloneza
Training:	Centrum Sportowe Raszyn, 7:00-18:00
Flag and anthem:	Will be provided by the Organizer.
Closing Banquet:	Place: Hotel Arche Krakowska Date: 28.05.2026, 31.05.2026 Price: 35 € 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:	75 € 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 organizer 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 2026 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 and head coaches **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: 24 March 2026
Preliminary:	24 March 2026 complete filled in preliminary form must be sent. No final nomination will be accepted if complete filled in the preliminary was not sent).
Final:	02 May 2026 (later entries will not be accepted).

21 Days Before Technical Meeting: 02 May 2026 is the latest date for any removal of nominated lifters or cancellation of booked hotel rooms. If no withdrawal is made at least 21 days prior to the Technical Meeting of a World Championship or Cup, federations are obligated to pay for the reserved hotel rooms, participation, and doping fees for all lifters listed on 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



PROVISIONAL TIME TABLE

Technical Meeting Date: 22 May at 20.00 hrs

Opening Ceremony Date: 23 May at 09.00 hrs

CLASSIC BENCH PRESS					
Day	Weigh-in Time	Men/Women	Category	Start	End
Saturday 23 May 2026					
	Opening Ceremony			08:00	
	07:00	Men	M 3 – M 4 59 kg – 74 kg	09:00	
	10:00	Women	M 3 – M 4 47 kg - +84 kg	12:00	
	13:00	Men	M 3 – M 4 83 kg - 93 kg	15:00	
	16:00	Men	M 3 – M 4 105 kg - +120 kg	18:00	
Sunday 24 May 2026	07:00	Women	M 2 47 kg – 63 kg	09:00	
	10:00	Men	M 2 59 kg – 74 kg	12:00	
	13:00	Women	M 2 69 kg - +84 kg	15:00	
	16:00	Men	M 2 83 kg - 93 kg	18:00	
Monday 25 May 2026	07:00	Women	M 1 47 kg – 63 kg	10:00	
	10:00	Men	M 2 105 kg - +120 kg	12:00	
	13:00	Women	M 1 69 kg – +84 kg	15:00	
	16:00	Men	M 1 59 kg – 74 kg	18:00	
Tuesday 26 May 2026	07:00	Men	M 1 83 kg – 93 kg	09:00	
	10:00	Men	M 1 105 kg - +120 kg	12:00	
	13:00	Women	S/Jun 43 kg - +84 kg	15:00	
	16:00	Men	S/Jun 53 kg – 83 kg	18:00	
Wednesday 27 May 2026	07:00	Men	S/Jun 93 kg – 120+ kg	09:00	
	10:00	Women	Jun 43 kg – +84 kg	12:00	
	13:00	Men	Jun 59 kg – 83 kg	15:00	
	16:00	Men	Jun 93 kg – +120 kg	18:00	
Thursday 28 May 2026	07:00	Women	Open 47 kg – 69 kg	09:00	
	09:00	Men	Open 59 kg – 83 kg	12:00	



	11.00	Women	Open 76 kg – 84+ kg	15:00	
	13.30	Men	Open 93 kg – +120 kg	18:00	
	BANQUET	CLASSIC		20:00	

	EQUIPPED BENCH PRESS				
Friday 29 May 2026	07:00	Men	M 1 – M 4 59 kg – 74 kg	09:00	
	10:00	Women	M 2 – M 4 47 kg - +84 kg	12:00	
	13:00	Men	M 1 – M 4 83 kg – 93 kg	15:00	
	16:00	Women	M 1 - M 4 47 kg - +84 kg	18:00	
Saturday 30 May 2026	07:00	Men	M 1 – M 4 105 kg - +120 kg	09:00	
	10:00	Women	S/Jun & Jun 43 kg - +84 kg	12:00	
	13:00	Men	S/Jun & Jun 53 kg - +120 kg	15:00	
Sunday 31 May 2026	07:00	Men	Open 59 kg – 93 kg	09:00	
	10:00	Women	Open 47 kg - +84 kg	12:00	
	13:00	Men	Open 105 kg - +120 kg	15:00	
	BANQUET	EQUIPPED		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 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 22.5.2026 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

Pawel Filleborn

Pawel Filleborn

President IPF

Meet Director

President nat. Fed.