



OFFICIAL INVITATION

The European Powerlifting Federation

and

Lithuanian Powerlifting Federation

Invite the EPF Member Nations to participate in the

**EUROPEAN JUNIOR, SUB-JUNIOR and SOI
CLASSIC POWERLIFTING CHAMPIONSHIPS
from the 29th of November to the 7th of December 2025
Druskininkai, Lithuania**

Please note: all information is posted only for information purposes. All team selections, all official entries for the Championships and all hotel bookings must be made by the EPF - Member nations, NOT by individuals.

Meet Director	Erlandas Petrauskas	Email: erlandaspet@gmail.com Cell: +37061019313
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Visa support	Gabija Dargyte	Email: gabijadargyte@gmail.com Cell: +37065631550
Nominations	Erlandas Petrauskas	Email: erlandaspet@gmail.com Cell: +37061019313
EPF Championship Secretary	Tero Hyttinen	Email: tero@europowerlifting.org Cell: +358 44 309 2263
Accommodation	Brigita Trambaviciute	Email: brigita.trambaviciute@gmail.com Cell: +37060508981
Transport	Domantas Barauskas	Email: domantas.barauskas@gmail.com Cell: +37068212714
Technical Secretary	Gabija Dargyte	Email: gabijadargyte@gmail.com Cell: +37065631550
Host City	Druskininkai, Lithuania	
Date	from the 29 th of November to the 7 th of December 2025	
Venue	LSC sporto kompleksas "Druskininkai", M. K. Čiurlionio 115 A, Druskininkai	
Technical Meeting	Conference Hall Grand SPA Hotel, V. Kudirkos g. 45, Druskininkai on Saturday the 28 th of November at 20:00	
Official Hotel	Grand SPA Hotel, Lietuva, V. Kudirkos g. 45, Druskininkai	

Hotel Rates

Grand SPA Hotel

Single room 122 Euro per room per night
Double room 154 Euro per room per night

Europa Royale

Single room 90 Euro per room per night
Double room 135 Euro per room per night
Triple room 180 Euro per room per night
Quadro room 220 Euro per room per night

HOTEL PAYMENT

All accredited athletes, coaches, officials, and referees nominated by their national federation for a European 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 who is not staying in the hotel. Additionally, the issued credentials shall match the days they will stay in the official hotel. 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.

The National Federations must do all room bookings through the official email: brigita.trambaviciute@gmail.com, Cell: +37060508981

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

The accommodation fees shall be payable by bank transfer against the invoice as follows:

1. Credit card/cash on arrival
2. Bank transfer against the invoice

NAME: Lithuania Powerlifting federation
BANK ACCOUNT: LT727300010034984720
BANK NAME: AB Swedbank, bank code: 73000
SWIFT/BIC CODE: HABALT22

Payment must be received at the bank account mentioned on the invoice at the latest 20 days prior to the beginning of the Championship.

All rooms must be booked at the latest with the deadline for the preliminary nomination. After the deadline, the organizer cannot guarantee the accommodation.

Saturday 8th of November 2025 is the latest date for any removal of nominated lifters, cancellation of booked hotel rooms or change in the number of banquet tickets ordered.

If not canceled in time, the national federation must pay for the reserved hotel rooms (if the hotel requires such payment), the participation fee, the doping fee, and the banquet fee for all lifters and officials specified in the final nomination form.

International Airport for Arrival

Vilnius Airport, Kaunas Airport

Arrivals/Transportation	From airport to hotel (one way) 1 person – 110 € 2 persons – 110 € 3 persons – 110 € 4 and more – 40 € for each person
Scales	Scale will be available at the official hotel, 24 hours. Scale will also be available at the venue. The Scales will be available a minimum of 2 days prior to the first competition day.
Training	Training facilities available at the venue from 07:00 till 23:00
Flag and anthem	Flags and Anthems will be provided
Opening Ceremony	29th of November at 14:00 at the Venue. One representative from each participating country shall take part at the Ceremony.
Closing Banquet	7th of December at 20:00 Grand SPA Hotel, V. Kudirkos g. 45, Druskininkai. Price per ticket for one person: 40 Euro The number of banquet tickets must be ordered on the Nomination form. Tickets for the banquet can be paid to the account of the organizer against the invoice or at the venue at the accreditation desk. Payment in advance for banquet tickets is recommended.
Participation Fee	90,00 EUR for each lifter must be paid by bank transfer to the EPF bank account before the Technical Meeting. The EPF invoice will be sent by the EPF Treasurer 14 days before the Technical Meeting.
Anti-Doping Fee	75,00 EUR for each lifter must be paid by bank transfer to the EPF bank account before the Technical Meeting. The EPF invoice will be sent by the EPF Treasurer 14 days before the Technical Meeting.
Coach Capitation Fee	50,00 EUR for each coach must be paid by bank transfer to the EPF bank account before the Technical Meeting. EPF invoice will be sent by the EPF Treasurer 14 days before the Technical Meeting.
All invoices are published at the EPF web (www.europowerlifting.org) under “SERVICES” >> “INVOICES”.	
Health and Travel Insurance	All delegates must have valid health insurance. The organizer and the EPF will not incur any expenses for a doctor or hospital. We recommend travel insurance to cover loss of luggage, theft, delayed planes, etc.
Nominations	Team nomination forms must be sent to: the Meet Director Erlandas Petrauskas, Email: erlandaspet@gmail.com and the EPF Championship Secretary Tero Hyttinen Email: tero@europowerlifting.org



Preliminary	Monday the 29 th of September 2025 (Preliminary nomination must be formed in each nation's personal Goodlift account and the complete filled-in preliminary form must be sent to the Meet Director and EPF Championship Secretary)
Final	Friday 7 th of November 2025 (the latest date for any removal of nominated lifters or cancellation of booked hotel rooms) National federations are bound to pay the reserved hotel rooms, participation, and Anti-Doping fees for all lifters specified in the final nomination form

SOI REGULATIONS

SOI division will include athletes with mental disabilities who are members of the SOI and/ or represent public organizations, educational institutions, special boarding schools, boarding houses (or who have graduated from them) for persons with mental disabilities, or SOI clubs, and have a doctor's permission to participate in the competitions. The admission criterion is the provision of a document (or a duly certified copy) certifying a mental disability of an athlete.

Admitted nosology codes: F-70, F-71, F-72.

No European and/ or World records will be registered in the SOI division.

ANTI-DOPING INFORMATION

*For the **European Junior, Sub-Junior and SOI Classic Powerlifting Championships***

Each participant is **strictly liable** for any substance found in your body (or specimen). Each participant 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.

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](#).

[Educate](#) yourself on the risks of [taking supplements](#) and minimize your risk.

All Sub-Junior & Junior athletes **must** successfully complete education through the World Anti-Doping Agencies (WADA) online education platform ([ADeL](#)) in order to be able to compete. Each national federation must submit all the participating athletes' completed certificates from ADeL with the nomination for the registration to be complete.

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

All athletes participating in this event are classified as International Level Athletes.

As an International Level Athlete, if you have a medical condition for which you need to take 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) before the start of its use and at least 30 days before competing.

For athletes competing in the Sub-Junior and Master's 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.

Provisional Timetable

(Weigh in and Start time are subject to change after final nomination)

Friday 28.11.2025	Technical Meeting			20:00		
Day	Weigh in	Sub-Juniors		Start	End	Lifters
Saturday 29.11.2025	09:00 – 10:30	Women	-43-47 kg	11:00	14:30	7
		Women	-52 kg			12
	Opening Ceremony			15:00		
	13:30 – 15:00	Men	-53-59 kg	15:30	19:30	11
		Men	-66 kg			10

Sunday 30.11.2025	08:00 – 09:30	Women	-57 kg	10:00	13:30	10
		Women	-63 kg			9
	12:00 – 13:30	Women	-69 kg B Group	14:00	17:00	7
		Women	-69 kg A Group			7
	15:30 – 17:00	Women	-76 kg	17:30	21:30	10
		Men	-74 kg			11

Monday 01.12.2025	08:00 – 09:30	Men	-83 kg B Group	10:00	13:00	10
		Men	-93 kg B Group			7
	11:30 – 13:00	Women	SOI	13:30	16:30	
		Men	SOI			
	15:00 – 16:30	Men	-83 kg A Group	17:00	21:00	10
		Men	-93 kg A Group			8

Tuesday 02.12.2025	09:00 – 10:30	Women	-84 kg	11:00	14:30	11
		Women	-84+ kg			9
	13:00 – 14:30	Men	-105 kg	15:00	19:00	11
		Men	-120 – 120+ kg			13

Day	Weigh in	Juniors		Start	End	Lifters
Wednesday 03.12.2025	09:00 – 10:30	Men	-53-59 kg	11:00	14:30	7
		Men	-66 kg			11
	13:00 – 14:30	Women	-43-52 kg	15:00	19:15	12
		Men	-74 kg			12

Thursday 04.12.2025	08:00 – 09:30	Women	-57 kg B Group	10:00	13:00	7
		Men	-83 kg B Group			9
	11:30 – 13:00	Women	-57 kg A Group	13:30	16:45	7
		Men	-83 kg A Group			10
	15:30 – 17:00	Women	-63 kg B Group	17:30	21:00	9
		Women	-63 kg A Group			10

Friday 05.12.2025	09:00 – 10:30	Women	-69 kg B Group	11:00	14:15	8
		Men	-93 kg B-Group			10
	13:00 – 14:30	Women	-69 kg A Group	15:00	19:00	9
		Men	-93 kg A Group			11

Saturday 06.12.2025	09:00 – 10:30	Women	-76 kg B Group	11:00	14:30	8
		Men	-105 kg B Group			11
	13:00 – 14:30	Women	-76 kg A Group	15:00	19:00	9
		Men	-105 kg A Group			11

Sunday 07.12.2025	08:00 – 09:30	Women	-84 kg	10:00	13:15	9
		Women	-84+ kg			7
	12:00 – 13:30	Men	-120 kg B Group	14:00	18:00	8
		Men	-120 kg A Group and 120+ kg			13
		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.

According to the IPF Technical Rules [Page 4, item 7] on the submitted Final Nomination Form you must send the finalized list the athletes that will take part in the championship. At the Technical Meeting you can only delete athletes from your final nomination form, and no one can change weight classes.

Changes may occur to the timetable of events. All changes will take place at the Technical Meeting that will be held on **Saturday, 28th November 2025** at 20:00.

A federation participating with more than 3 lifters is obliged to nominate at least one referee and a nation with more than 14 lifters is obliged to nominate at least two referees. If a referee(s) from the nation is not present or, if present, is not available to act in the capacity of either referee or member of the jury at least two days during the event, the lifters are allowed to take part, but a fine of Euro 1000 has to be paid by the nation for each missing referee (EPF By-laws 105.13). Each nominated referee must be available for a minimum of two days.

For referee's **14th of November 2025** is the last day for changes of categories for which the referee has been allocated in the final nomination which his national federation indicated in the Goodlift system.

Referee duties, specified by the Technical Committee, are mandatory 14 days prior to the championships. Any changes, withdrawal or no-show up by a referee regarding the allocated duty at or after the Technical Meeting, may impose a warning or €100 in fine dependent of the reason. However, federations may allocate duties between their own referees at the latest at the Technical Meeting upon agreement by the appointed Technical Committee member (EPF By-laws 105.13.2).

If the referee's examination is arranged, the written examinations will be done on the **30th of November** all candidates will do this exam together. The EPF Technical Committee will decide the date and time for each candidate to take the practical examinations. The organizer will prepare a room for a written examination.

Victory Ceremonies will be held at the end of each lifting session. It will be mandatory that each athlete wear their national team tracksuit for the award presentation.

If the organizer does not receive confirmed cancellations of hotel rooms at least 21 days prior to the championship, all hotel costs will be the responsibility of nominated lifters and officials. The same shall apply to participation and Anti-Doping fees.

All participating nations in European championships should be represented at the Technical Meeting. If a representative of a participating nation is absent at the Technical Meeting prior to the European championship or has not informed about his/her absence by confirming the participation of his/her federation's nominated lifters (by e-mail) a fine of 250 Euro will be imposed to the concerned national federation (EPF By-laws 105.6).

The confirmation of absence from Technical Meeting must be sent between the date of the final nomination and the start of the Technical Meeting to the EPF Championship Secretary Tero Hyttinen, email: tero@europowerlifting.org with a copy to the EPF Treasurer Xavier de Puytorac, email: xavier@europowerlifting.org. The confirmation must include changes in the list of referees and changes in the final nomination.

Indemnity & Insurance: All participating federations and its delegated athletes and officials agree to indemnify 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 this European Championships.

GENERAL DATA PROTECTION

The European Powerlifting Federation (EPF) is committed to protecting the privacy and personal data of all athletes, officials, volunteers, and attendees at our events.

During the organization and conduct of EPF events, we may collect and process the following personal data:

- Full name
- Date of birth
- Nationality
- Federation affiliation
- Sport category and results
- Photographs and video recordings taken during the event

Personal data is processed to manage event entries, schedules, results, and records, to comply with sport governance regulations, to publish competition results, records, rankings, and statistics, to promote EPF events through photos, videos, and media publications, to ensure the safety, fairness, and integrity of competitions, and to preserve the historical and sporting archive of European powerlifting.

The EPF processes personal data based on:

- Article 6(1)(f) GDPR — for the legitimate interests of organizing and promoting powerlifting events, preserving sports records, and promoting public interest in sport.
- Article 6(1)(e) GDPR — for the performance of a task in the public interest under recognized sport governance mandates.
- Article 6(1)(c) GDPR — to comply with legal and regulatory obligations.

We implement appropriate organizational and technical measures to safeguard your data against unauthorized access, loss, misuse, or alteration.

All the participants of the EPF events are aware of and agree to be taken photos and videos of. In case of disagreement the participant must notify the EPF about it before the start of the event.

Photographs and videos taken at EPF events is the sole property of the EPF and can be published at all EPF internet platforms including but not restricted to EPF web, social media accounts in Instagram, Facebook and TikTok.

All the participants of the EPF events agree on their personal data to be collected, processed, saved and displayed in the electronic system for competition run GoodLift, at the webs: <https://goodlift.info/> and <https://www.europowerlifting.org/>.

Bjørn Astad
EPF President

Erlandas Petrauskas
Meet Director, LJTF president

Tero Hyttinen
EPF Championships Secretary