



NORDIC WEIGHTLIFTING SENIOR CHAMPIONSHIPS

Vigrestad, Norway 12th-13th October 2019

IWF Bronze level competition

The Norwegian Weightlifting Federation hereby invites you to take part in the Nordic Weightlifting Senior Championships 2019.

Competition rules

The competition will be organized in line with IWF Technical and Competition Rules & Regulations (TCRR), and we are committed to providing your teams with the best possible conditions for them to achieve outstanding results in their quest for Olympic qualification.

Eligibility

Only athletes from the five Nordic countries Sweden, Finland, Denmark, Iceland and Norway are eligible to compete at the competition.

The athletes must be 15 years of age and over (year of birth 2004 or earlier).

With reference to Article 5.6.5 of the IWF Anti-Doping Policy 2018, an Athlete who is not listed on the IWF's Registered Testing Pool but wishes to participate in an IWF Event shall provide accurate and complete whereabouts information as set out at Annex I of the International Standard for Testing and Investigations for a period of at least two months prior to the IWF Events in question (by 12th August).

An athlete who does not comply with this provision is not eligible to compete at the IWF Event.

Body weight categories

The athletes will compete in the IWF Senior bodyweight categories:

Men:	55kg	61kg	67kg	73kg	81kg	89kg	96kg	102kg	109kg	+109kg.
Women:	45kg	49kg	55kg	59kg	64kg	71kg	76kg	81kg	87kg	+87kg.

Equipment

The IWF TCRR compliant Competition Management System "Easy weightlifting" and ELEIKO barbells and disks will be used.

General information

Vigrestad is located south of Norway, close to Stavanger city. There are good flight combinations via Copenhagen (CPH) to Stavanger (SVG) from the other Nordic countries.

There will be a shuttle service from airport to the hotel as well as from the hotel to the sports hall Saturday and Sunday. From the Vigrestad sports hall on Sunday afternoon.



Preliminary championships schedule

Friday, Oct 11th.

Arrival of the delegations

18:00 Dinner in Hotel Jæren

20:00-2100 Verification of final entries (in Hotel Jæren). Followed by the Congress of the Nordic Weightlifting federation.

Saturday, Oct 12th.

06:30-10:00: Breakfast at Hotel Jæren

07,15. Bus transportation to weigh-in

08:00-09:00: Weigh-in in the sports hall.

(Based on the number of participants, the weigh-in can be adjusted when the registration is over).

08:50 Opening competition at Vigrestad sports hall.

10:00 Competition start with session 1.

12.00 -15:00 Lunch will be served at sports hall

20:00 Banquet at Hotel Jæren

Sunday, Oct. 13th.

06:30-10:00: Breakfast at Hotel Jæren

07,15 Bus transportation to weigh-in

08:00-9:00: Weigh-in in the sports hall

(Based on the number of participants, the weigh-in can be adjusted when the registration is over).

10:00 Competition starts with presentation of session 1.

12:00-15:00 Lunch served in the Vigrestad sports hall

Accommodation

Delegation members participating in the event will be accommodated at Hotel Jæren, located 22 km from Sola Airport.

Competition venue

The competition will be held at Vigrestad sports Hall. Competition venue is located 25 min with buss from the Hotel.

Accreditation

The accreditation procedures will be done at Hotel Jæren on Friday October 11th 2019. All team leaders will receive food stamps for their respective delegation at the Technical Congress.



Entries

PRELIMINARY ENTRY FORMS Must be returned to the Organizing Committee (vektlofterforbundet@idrettsmail.no) before the 10th of August 2019.

FINAL ENTRY FORMS Must be returned to the Organizing Committee (vektlofterforbundet@idrettsmail.no) before the 10th of September 2019.

Copy to:

- 1). Local organizer: Hans Hagenes HHagenes@slb.com
- 2). The Nordic Weightlifting Federation: Trond R. Kvilhaug trond.kvilhaug@ntnu.no Secretary general

Fees

The accommodation fees including competition fee, full board and banquet Saturday evening. That is breakfast Saturday and Sunday, Lunch Saturday and Sunday, Dinner Friday and Banquet Saturday:

Single Room - 350 € per person for 2 days (for team leaders/officials only due to hotel capacity)

Double Room - 310 € per person for 2 days

Minimum stay in hotel is 2 nights, for one extra night it is possible to get a single room for 65 € and double room for 85 €.

Transport to and from airport is included in the fees above.

Anti-Doping Fee

In addition, for the convention to be approved by the IWF, an anti-doping fee of EUR 18 (\$20) will be charged for each athlete. The Nordic Weightlifting Federation will submit applications and submit necessary reports to the IWF.

Fees are to be paid simultaneously with submission of Final Entry in Euro (EUR €) to:

BANK ACCOUNT: 33353180547

IBAN NO: 50 3335 3180 547

SWIFT: SPRONO22

Insurance

All Federations must undertake full moral and financial responsibility for their respective delegations regarding health and in case of accidents and injuries.

Important!

The organizers will provide transport from airport to Hotel. It is important that flight arrival is notified to (vektlofterforbundet@idrettsmail.no) as soon as possible, but no later than 3 weeks before competition.



Awards

Gold, silver and bronze medals will be awarded for the first, second and third places respectively in the total in each weight category.

The best male and the best female lifter will receive a special award. The best team for seniors (men and women) will receive a team award.

Further information

For the need of further information, please contact the Norwegian Weightlifting Federation (vektlofterforbundet@idrettsmail.no) Telephone: +47 48042210 or the local organizer: Hans Hagenes HHagenes@slb.com

Best regards

Norwegian Weightlifting Federation (vektlofterforbundet@idrettsmail.no)

Arne Grostad
Secretary General



Preliminary entry Form

The preliminary entry form for the Nordic Seniors Championships must be sent before 10th August 2019.

NATION:.....

E-MAIL:.....

Competitors, senior men

	Name (Family name, given name)	Cat.	Date of birth	Entry total	Type of room
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
Reserve					
Reserve					

Competitors, senior women

	Name (Family name, given name)	Cat.	Date of birth	Entry Total	Type of room
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
Reserve					
Reserve					



Officials

Name	Function	Type of room

Registration to be sent to:

Norwegian Weightlifting Federation vektlofterforbundet@idrettsmail.no

Copy to:

1). Local organizer: Hans Hagenes hans.hagenes@gagdata.no; cecilie@vigrestad-ik.no

Phone: +47 92811685

2). The Nordic Weightlifting Federation:

Trond Reitan Kvilhaug trond.kvilhaug@ntnu.no

Secretary general



Final entry Form

The final entry form for the Nordic Seniors Championships must be sent before 10th September 2019.

NATION:.....

E-MAIL:.....

Competitors, senior men

	Name (Family name, given name)	Cat.	Date of birth	Entry total	Type of room
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
Reserve					
Reserve					

Competitors, senior women

	Name (Family name, given name)	Cat.	Date of birth	Entry Total	Type of room
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
Reserve					
Reserve					



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Secretary general Arne Grostad