



## **NORDIC WEIGHTLIFTING CHAMPIONSHIPS YOUTH AND JUNIOR, WOMEN AND MEN, 15-17 NOVEMBER 2019**

The Swedish Weightlifting Federation hereby invites all weightlifters to the Nordic Championships for youth and junior in Sundsvall between 15 and 17 of November 2018 according to following conditions:

### **1. Time schedule**

#### **Friday 15<sup>th</sup>**

Arrival of delegations

Technical Congress at First Hotel Strand Strandgatan 10, Sundsvall at 20.00

Dinner served 18.30 – 20.30

#### **Saturday 16<sup>th</sup>**

Competition: Under 17 Girls 40kg - +81kg  
Juniors Women 45kg - +87kg  
Under 17 Boys 49kg - +102kg

Evening: Banquet at First Hotel Strand at 20.00.

#### **Sunday 17<sup>th</sup>**

Competition: Men 55 - +109 kg

### **2. Weigh in at First Hotel Strand**

Saturday 09.00 – 10.00, competition start 11.00

Sunday 09.00 – 10.00, competition start 11.00

### **3. Competition schedule**

#### **Saturday 16<sup>th</sup> November**

Opening Ceremony at 10.40

Presentation of the lifters in the first group at 10.45

Competition starts at 11.00

Presentation of the lifters in the next group followed by a medal ceremony.

Lunch will be served in the sport hall 12.30 – 14.00

Banquet at 20.00 at First Hotel Strand.

#### **Sunday 17<sup>th</sup> November**

Presentation of lifters in the first group at 10.45

Competition starts at 11.00

Presentation of the lifters in the next group followed by a medal ceremony.

Lunch will be served in the sport hall 12.30 – 14.00

#### **4. Entries**

Preliminary entries: 4<sup>th</sup> of October.

Final Entries: 25<sup>th</sup> of October.

The minimum age for Youth is the year when the lifter is 13 years old, according to the IWF rules.

#### **5. Competition venue**

Sporthallen, Universitetsallén 13, 852 34 Sundsvall.

#### **6. Accommodation, accreditation**

The accreditation will be at First Hotel Strand, Strandgatan 10, 852 31 Sundsvall.

Telephone: +46 (0)60 641950

#### **7. Competition equipment**

Eleiko competition equipment will be used.

#### **8. Transportation**

The organizer will provide free transportation between Sundsvall Timrå Airport (Midlanda) and First Strand Hotel. Please contact Lars Nilsson, [lassenisse@gmail.com](mailto:lassenisse@gmail.com) telephone +46 70 526 30 09. The organizer also provide transport between Hotel and Sporthall.

#### **8. Financial conditions**

Two nights in:

Single room EURO 160/person per day

Double room EURO 120/person per day

Triple room EURO 110/person per day

It includes breakfast at the hotel, lunch at competition venue, dinner Friday and banquet Saturday night.

Bank: Swedbank, S-105 34 Stockholm, Sweden

IBAN: SE84 8000 0890 1198 3834 6766

Swiftcode: SWEDSESS

#### **9. Awards**

Gold, silver and bronze medals will be awarded for the first, second and third place in total. The best youth and junior male and the best youth and junior female lifter will receive a special award.

The best team for men and women will receive a team award.

***Don't forget to bring the team awards with you!***

## **10. Information**

Please contact the Swedish Weightlifting Federation, [office@tyngdlyftning.org](mailto:office@tyngdlyftning.org)  
telephone +46 19 175580 or Sundsvall's Atletklubb, Lars Nilsson, [lassenisse@gmail.com](mailto:lassenisse@gmail.com)  
telephone +46 70 526 30 09

Yours sincerely

Joakim Eriksson  
President Swedish WF

Håkan Johanson  
General Secretary SWF

Preliminary entries to the Nordic Championships Youth and Junior, Sundsvall, Sweden 15-17 November must be sent before 4<sup>th</sup> of October 2019.

Nation: \_\_\_\_\_

E-mail of federation: \_\_\_\_\_

Competitors:

Number:

Youth men \_\_\_\_\_

Youth women \_\_\_\_\_

Junior men \_\_\_\_\_

Junior women \_\_\_\_\_

Officials \_\_\_\_\_

Referees (at least one from each country) \_\_\_\_\_

Coaches \_\_\_\_\_

Total Participants \_\_\_\_\_

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

**All correspondence to:**

Sundsvalls Atletklubb

Mail: [lassenisse@gmail.com](mailto:lassenisse@gmail.com)

Tlf. +46 70 526 30 09

**Copy to:**

Swedish Weightlifting Federation

Mail: [office@tyngdlyftning.org](mailto:office@tyngdlyftning.org)

Tlf. +46 19 17 55 80



**Final entries to the Nordic Championships Youth and Junior, Sundsvall, Sweden 15-17.11.2019 must be sent before 25<sup>th</sup> of October 2019.**

**Nation:** \_\_\_\_\_

**E-mail of federation:** \_\_\_\_\_

**Competitors' men youth**

Name (Family name, given name)	Cat.	Birthdate	Best total	Type of room
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
Res.				
Res				

### Competitors' men junior

Name (Family name, given name)	Cat.	Birthdate	Best total	Type of room
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
Res.				
Res.				

### Competitors' women junior

Name (Family name, given name)	Cat.	Birthdate	Best total	Type of room
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
Res.				
Res.				

### Competitors' women youth

Name (Family name, given name)	Cat.	Birthdate	Best total	Type of room
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
Res.				
Res.				

### Officials

Name	Function	Type of room

**All correspondence to:**

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