



NORDIC WEIGHTLIFTING CHAMPIONSHIPS 2022

8TH - 9TH October

Rovaniemi

Finland



NORDIC SENIOR WEIGHTLIFTING CHAMPIONSHIPS ROVANIEMI, FINLAND 7. - 9.10.2022

The Finnish Weightlifting Federation and the Weightlifting Club Rovaniemen Reipas hereby invites you to take part in the Nordic Senior Weightlifting Championships 2022.

COMPETITION RULES

Competition will be held according to the rules of the Nordic Weightlifting Federation and the International Weightlifting Federation.

PRELIMINARY CHAMPIONSHIPS SCHEDULE

Wednesday 5th

20.00: Technical meeting of the Nordic Weightlifting (online meeting).

Thursday Oct. 6th or Friday 7th Oct.

Arrival of the delegations to Hotel Santasport, Hiihtomajantie 2. 96400, Rovaniemi.
Training possibility at the competition venue, same place at the gym Voimapaja, in Santasport sport venue.

Friday, Oct. 7th

07:30-10:00: Breakfast at Hotel Santasport restaurant Puhti (only for delegation arrived Thursday Oct. 6th).

12:00-13:00: Lunch at Hotel Santasport restaurant Puhti
(only for delegation arrived Thursday Oct. 6th).

17:00-20:00 Dinner at Hotel Santasport restaurant Puhti.

20:00-21:00 NWF Congress

Saturday, Oct. 8th

07:30-10:00: Breakfast at Hotel Santasport restaurant Puhti.

08:00-09:00: Weigh-in at Hotel Santasport

(45-49-55-59 – 64-71-76kg). Women´s category, 55-96 kg men (changes can occur after preliminary entry)

10:00: Competition at Santasport Hiihtomajantie 2, 96400, Rovaniemi

11:00-14:00: Lunch at Hotel Santasport restaurant Puhti.

App. 20.00: Banquet Santasport Puhti-restaurant

Sunday, Oct. 9th

07:30-10:00: Breakfast at Hotel Santasport restaurant Puhti.

08:00-09:00: Weigh-in at Hotel Santasport.

(81, 87, 87+kg. Women´s category, 102-109-109+ kg men (changes can occur after preliminary entry)

10:00: Competition at Santasport Hiihtomajantie 2, 96400, Rovaniemi

11:00-14:00: Lunch at Hotel Santasport restaurant Puhti.

15:00: Departure of the delegations.

The organizer reserves the right to reorganize the competition schedule according to the number of entries.

ACCOMMODATIONS

Delegation members participating in the event will be accommodated at Hotel Santasport, Hiihtomajantie 2. 96400, Rovaniemi.. The hotel is situated same place as the competition venue.

COMPETITION VENUE

The competition will take place at Hotel Santasport, Hiihtomajantie 2. 96400, Rovaniemi. During the Championships Eleiko barbells will be used.

ACCREDITATION

The accreditation procedures will be done at arrival at Hotel Santasport reception. All team leaders will receive food stamps for their respective delegation at the accreditation.

ENTRIES

Preliminary Entry Forms

Must be returned to the Organizing Committee toimisto@painonnosto.fi before the **23rd of September 2022**.

Final Entry Forms

Must be returned to the Organizing Committee toimisto@painonnosto.fi before the **7th of October 2020**.

FEES

Accommodation fees including full board from Friday dinner and banquet Saturday evening for two days and lunch for Sunday: (Friday-Sunday):

Single room	- 220 € per person
Double room	- 160 € per person
Triple room	- 150 € per person
No entry fee.	

Accommodation fees including full board from Friday morning and banquet Saturday evening for three days (Thursday-Sunday):

Single room	- 300 € per person
Double room	- 240 € per person
Triple room	- 220 € per person
No entry fee.	

A minimum stay of two days is required!

Fees are to be paid simultaneously with submission of Final Entry to;

Nordea Bank Oyj

Satamaradantiekatu 5, 00020 Nordea, Helsinki

IBAN: FI6413863000087789

SWIFT: NDEAFIHH

INSURANCE

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

TRANSPORTATION

Before arrival, each delegation will receive a guide for transportation from minibuses from Rovaniemi airport or train station to hotel Santasport. Transportation is free from designated places.

Gold, silver and bronze

Awards medals will be awarded for the first, second and third places respectively in the total.

The best male and the best female will receive a special award each day.

The best team (men and women) will receive a team award.

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

FURTHER INFORMATION

For the need off further information, please contact the Finnish Weightlifting Federation
toimisto@painonnosto.fi

The competition is organized according to the regulation and aid of the EWF and IWF.

On behalf of the Finnish Weightlifting Federation and the Weightlifting Club Rovaniemen Reipas we wish you all welcome and hope to see you in Rovaniemi!

Best regards

Mr. Jaarli Pirkkiö

General Secretary Rovaniemen Reipas

Local organizer

Best regards

Mr. Timo Ruuhijärvi

General Secretary

Finnish Weightlifting Federation



PRELIMINARY ENTRIES

TO THE NORDIC WEIGHTLIFTING SENIOR CHAMPIONSHIPS
ROVANIEMI, FINLAND 7.-9.10.2022

MUST BE RETURNED BY 23.09.2022

To e-mail: toimisto@painonnosto.fi

Nation	
Contact e-mail	

Numbers of:

Women

Numbers of:

Men

Numbers of:

Officials

Numbers of:

Single room	Double room	Triple room

Date	
Signature	

