



NORDIC YOUTH AND JUNIOR WEIGHTLIFTING CHAMPIONSHIP 2022

11th to 13th November



NORDIC YOUTH AND JUNIOR WEIGHTLIFTING CHAMPIONSHIPS GARÐABÆR, ICELAND 11. - 13.11.2022

The Icelandic Weightlifting Federation and the Weightlifting Club of Stjarnan hereby invites you to take part in the Nordic Youth and Junior 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 9th November

20:00: Technical meeting of the Nordic Weightlifting (online meeting).

Thursday 10th or Friday 11th November.

Arrival of the delegations to Hotel Island, Armula 9, 105 Reykjavik.

Training possibility at the competition venue, Miðgarður, 210 Garðabær.

Friday, 11th November

07:30-10:00: Breakfast at Hotel Island (only for delegation arrived Thursday 10th November).

12:00-13:00: Lunch (only for delegation arrived Thursday 11th November).

17:00-20:00 Dinner.

20:00-21:00 NWF Congress

Saturday, 12th November

07:30-10:00: Breakfast at Hotel Island

Optional takeaway for early competitors to be requested evening before

08:00-09:00: Weigh-in at Hotel Island's SPA

40-+87kg women's category,

49-96 kg men' category

(changes can occur after preliminary entry)

10:00-10:20 Opening ceremony

10:20- Competition at Miðgarður, Vetrarmýri, 210 Garðabæ

- Under 17 Girls 40kg - +81kg
- Junior Women 45kg - +87kg
- Under 17 Boys 49kg - +102kg

11:00-14:00: Lunch nearby competition venue.

App. 20:00: Banquet

Sunday, 13th November

07:30-10:00: Breakfast at Hotel Island.

Optional takeaway for early competitors to be requested evening before

08:00-09:00: Weigh-in at Hotel Island's SPA

55-109+ kg men's category

(changes can occur after preliminary entry)

10:00: Competition at Miðgarður, Vetrarmýri, 210 Garðabæ

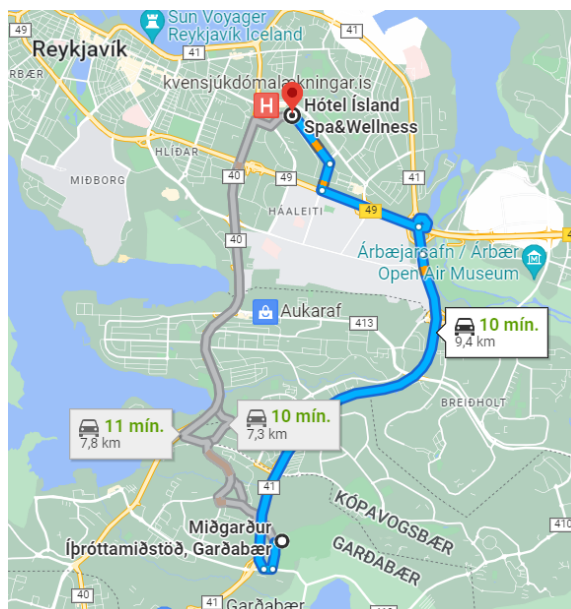
11:00-14:00: Lunch nearby competition venue.

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 Island Spa and Wellness. Hotel is about 10 minute drive by car, so transportation will be provided on a regular basis.



COMPETITION VENUE

The competition will take place at the Sportscenter Miðgarður in Garðabær. During the Championships Eleiko barbells will be used.

ACCREDITATION

The accreditation procedures will be done at arrival at Hotel Island 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 lsi@lsi.is before the **30th September 2022**.

Final Entry Forms

Must be returned to the Organizing Committee lsi@lsi.is before the **10th October 2020**.

FEES

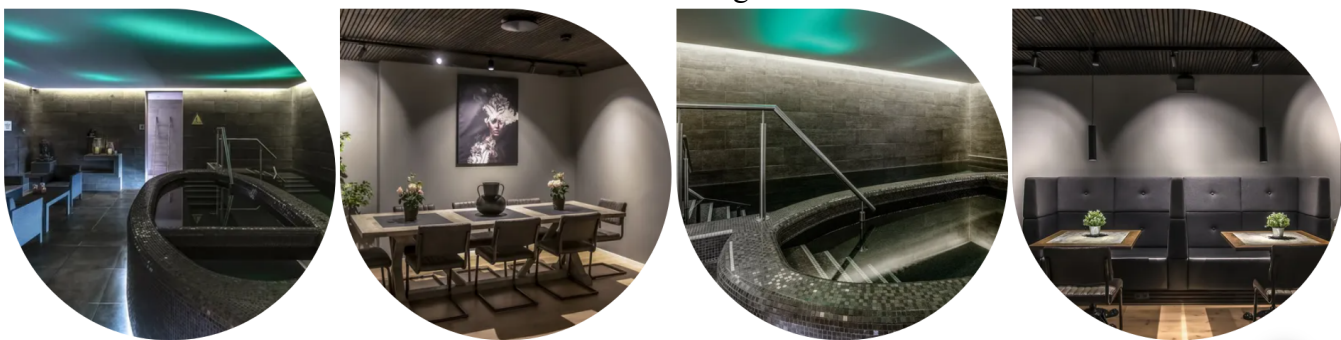
Accommodation fees including full board from Friday dinner and banquet Saturday evening for two days and lunch for Sunday: (Friday-Sunday):

Standard double room (for one person)	- 255 € per person
Standard double room (for two persons)	- 185 € per person
Superior room (for three persons)	- 175 € per person
Superior room (for four persons)	- 160 € per person
No entry fee.	

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

- Standard double room (for one person) - 350 € per person
 - Standard double room (for two persons) - 245 € per person
 - Superior room (for three persons) - 230 € per person
 - Superior room (for four persons) - 210 € per person
- No entry fee.

Full access to Silfra SPA at the Hotel Islands free of charge



Standard Double	Superior room
	
<p>Sleeps 1-2 persons Availability: 10 rooms</p>	<p>Sleeps 3-4 persons Availability: 30 rooms</p>

A minimum stay of two days is required!

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

Bank: Arion Banki

IBAN: IS350311260029924302750119

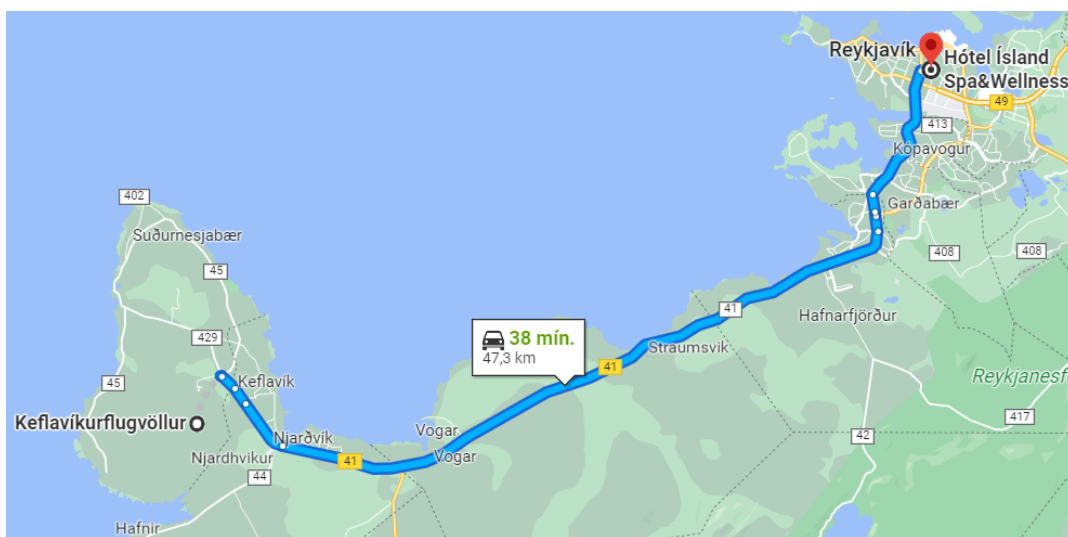
SWIFT: ESJAISRE

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 Keflavik airport Hotel Island Spa and Wellness. Transportation is free from designated places.



AWARDS

Gold, silver and bronze 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.

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 Icelandic Weightlifting Federation lsi@lsi.is

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

On behalf of the Icelandic Weightlifting Federation and the Weightlifting Club of Stjarnan we wish you all welcome and hope to see you in Garðabær, Iceland!

The Weightlifting club of Stjarnan has recently installed one of the best facilities for weightlifting in the world at their new gym in Miðgarður, Garðabær. Fully equipped with Eleiko equipment which we are extremely proud of.



Best regards
Magnús B. Þórðarson
President
Icelandic Weightlifting Federation

Best regards
Árni Rúnar Baldursson
General Secretary
Icelandic Weightlifting Federation



PRELIMINARY ENTRIES

TO THE NORDIC WEIGHTLIFTING YOUTH AND JUNIOR CHAMPIONSHIPS
GARÐABÆR, ICELAND 11.-13.11.2022

MUST BE RETURNED BY 30.09.2022

To e-mail: lsi@lsi.is

Nation	
Contact e-mail	

Numbers of:

Women

Numbers of:

Men

Numbers of:

Officials

Numbers of:

Standard double room (for one person)	Standard double room (for two persons)	Superior room (for three persons)	Superior room (for four persons)

Date	
Signature	

Men Junior

Family name	Given name	Category	Birth date	Best total	Type of room

Officials

Function	Name	Type of room

Type of room; S (single), D (double), T (triple) and Q (Quadruple)

Date	
Signature	
