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## NORDIC SENIOR WEIGHTLIFTING CHAMPIONSHIPS LANDSKRONA, SWEDEN 27 - 29.10.2023

The Swedish Weightlifting Federation and the Weightlifting Club Landskrona AK hereby invites you to take part in the Nordic Senior Weightlifting Championships 2023.

### COMPETITION RULES

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

### PRELIMINARY CHAMPIONSHIPS SCHEDULE

#### Wednesday, Oct. 25<sup>th</sup>

20:00-21:30: Technical Congress of the Nordic Weightlifting VFE (online meeting).

#### Thursday 26<sup>th</sup> or Friday, Oct. 27<sup>th</sup>

Arrival of the delegations to Hotel Öresund, Kungsgatan 9 Landskrona  
Training possibility at the competition venue, Puls Arena  
Varggatan 17 Landskrona

#### Friday, Oct. 27<sup>th</sup>

07:30-10:00: Breakfast at Hotel Öresund (only for delegation arrived at Thursday Oct. 26<sup>th</sup>).

12:00-13:00: Lunch at Hotel Öresund, Kungsgatan 9 Landskrona  
(only for delegation arrived at Thursday Oct. 26<sup>th</sup>).

13:00-15:30 Congress with elections at Hotel Öresund

16:00-17:00 Weigh-in at Hotel Öresund.

17:00-20:00 Dinner at Puls Arena Varggatan 17 Landskrona.

18:00: Competition at Puls Arena Varggatan 17 Landskrona.  
(45, 49, 55, 59, 64kg. Women's category).

#### Saturday, Oct. 28<sup>th</sup>

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

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

10:00: Competition at Puls Arena Varggatan 17 Landskrona

(71, 76, 81, 87, +87 Womens category and All Men Category).

11:00-14:00 Lunch at Puls Arena Varggatan 17 Landskrona.

App. 19:00: Banquet at Hotel Öresund, Kungsgatan 9 Landskrona

**Sunday, Oct 29<sup>th</sup>**

10:00: 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 Öresund, Kungsgatan 9, 261 31 Landskrona.

### **COMPETITION VENUE**

The competition will take place at Puls Arena Varggatan 17, 261 44 Landskrona. During the Championships Eleiko barbells will be used.

### **ACCREDITATION**

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

### **ENTRIES**

#### **Preliminary Entry Forms**

Must be returned to the Organizing Committee [office@tyngdlyftning.org](mailto:office@tyngdlyftning.org) before the **6<sup>th</sup> of September 2023**.

#### **Final Entry Forms**

Must be returned to the Organizing Committee [office@tyngdlyftning.org](mailto:office@tyngdlyftning.org) before the **27<sup>th</sup> of September 2023**.

### **FEES**

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

Single room - 370 € per person

Double room - 320 € per person

No entry fee.

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

Single room - 480 € per person

Double room - 410 € 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;

SWEDBANK

IBAN: SE8480000890119838346766

BIC(SWIFT) SWEDSESS

### **INSURANCE**

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

## **TRANSPORTATION**

We recommend that you take the train to Landskrona from Copenhagen Airport. (One train per hour)  
skanetrafi ken.se

We need to know when you plan to arrive at Landskrona Station.

## **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 Swedish Weightlifting Federation;  
[office@tyngdlyftning.org](mailto:office@tyngdlyftning.org)

**The competition is organized according to the rules and regulation of the NWF and IWF.**

***On behalf of the Swedish Weightlifting Federation and Landskrona AK we wish you all welcome and hope to see you in LANDSKRONA!***

**Best regards  
Marie Brodin  
Chairwoman LAK  
Local organizer**

**Best regards  
Sebastian Nurmi  
General Secretary  
Swedish Weightlifting Federation**