



RUNAVÍKAR  
KOMMUNA



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## **NORDIC SENIOR WEIGHTLIFTING CHAMPIONSHIPS RUNAVÍK, FAROE ISLANDS 18<sup>th</sup> - 20<sup>th</sup> of October 2024**

**The Faroe Islands and the city of Runavík hereby invite you to take part in the Nordic Senior Weightlifting Championships 2024.**

### **COMPETITION RULES**

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

### **PRELIMINARY CHAMPIONSHIPS SCHEDULE**

#### **Monday, Oct. 14<sup>th</sup>**

19:00: Swedish time - Technical Congress of the Nordic Weightlifting VFE (online meeting).

#### **Thursday 17<sup>th</sup> or Friday, Oct. 18<sup>th</sup>**

Arrival of the delegations to Hotel Djurhuus - Yviri við Strond 19, 100 Tórshavn.  
Training is possible and will be instructed at arrival.

#### **Friday, Oct. 18<sup>th</sup>**

07:30-10:00: Breakfast at Hotel Djurhuus (only for delegation arrived at Thursday Oct. 17<sup>th</sup>).

12:00-13:00: Lunch at Hotel Djurhuus - Yviri við Strond 19, 100 Tórshavn.  
(only for delegation arrived at Thursday Oct. 17<sup>th</sup>).

13:00-14:30 Congress with elections at Hotel Djurhuus

16:15-17:15 Weigh-in at Hotel Djurhuus

19:00-20:30 Dinner at Bylgjan Sports Hall - Mýravegur 12, 620 Runavík

18.15: Competition at Bylgjan Sports Hall - Mýravegur 12, 620 Runavík.  
(- 55, -59, -64, kg. Women's category) (- 73, - 81kg. Men's category)

#### **Saturday, Oct. 19<sup>th</sup>**

07:30-10:00 Breakfast at Hotel Djurhuus

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

10:00: Competition at Bylgjan Sports Hall – Mýravegur 12, 620 Runavík.  
(-71, -81, +81 kg Womens category and -89, - 96, - 102, +102 kg Men Category.  
11:00-14:00 Lunch at Bylgjan Sports Hall – Mýravegur 12, 620 Runavík.  
App. 20.00: Banquet at Bowl – Heykavegur 1, 100 Tórshavn.

### **Sunday, Oct 20<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 Djurhuus - Yviri við Strond 19, 100 Tórshavn.

Due to the very limited availability of single rooms and our commitment to maintain affordable prices, we strongly recommend booking double rooms.

### **COMPETITION VENUE**

The competition will take place at Bylgjan Sports Hall Mýravegur 12, 620 Runavík.  
During the Championships Eleiko barbells will be used.

### **ACCREDITATION**

The accreditation procedures will be done at arrival at Hotel Djurhuus  
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 [fss@fss.fo](mailto:fss@fss.fo) before the **15<sup>th</sup> of August 2024**.

#### **Final Entry Forms**

Must be returned to the Organizing Committee [fss@fss.fo](mailto:fss@fss.fo) before the **29<sup>th</sup> of September 2024**.

### **FEES**

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

Single room	- 470 € per person
Double room	- 410 € per person
No entry fee.	

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

Single room	- 600 € per person
Double room	- 520 € 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;  
BETRIBANK  
IBAN: **FO0791810005457671**  
BIC(SWIFT): **EIKBFOTF**

## INSURANCE

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

## TRANSPORTATION

Plan from Copenhagen Airport to Vágur Airport

Please inform us of your planned arrival and departure dates for Vágur. If you are travelling between Thursday, October 17th and Sunday, October 20th, we will arrange transportation for you. Should your travel dates fall outside this period, we will be pleased to assist you with transportation options.

Here are all arrivals and departures to/from Faroe Islands as of 18<sup>th</sup> July 2024.

### Arrivals

Day	Time of landing	Arrival from	Airline
Thursday	11:20	Keflavik	Iceland Air
	12:40	Copenhagen	SAS
	12:20	Billund	Atlantic Airways
	13:40	Copenhagen	Atlantic Airways
	19:50	Copenhagen	Atlantic Airways
Friday	11:25	Keflavik	Atlantic Airways
	11:45	Sandefjord	Widerøe
	12:40	Copenhagen	SAS
	13:40	Copenhagen	Atlantic Airways
	19:50	Copenhagen	Atlantic Airways

### Departures

Day	Time of departure	Departure to	Airline
Sunday	08:20	Copenhagen	Atlantic Airways
	10:00	Copenhagen	SAS
	13:15	Keflavik	Iceland Air
	14:30	Copenhagen	Atlantic Airways
	15:50	Oslo	Atlantic Airways

## AWARDS

Gold, silver and bronze medals will be awarded for the first, second and third places respectively in the total (points for the combined weightclasses).

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**

By utilizing the following link on our website (<https://fss.fo/nordics2024/>), we will provide a range of information, including both critical updates and helpful details.

If further information is needed, please contact the Faroe Islands Weightlifting Federation at [fss@fss.fo](mailto:fss@fss.fo)

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

***On behalf of the Faroe Islands Weightlifting Federation and the city of Runavík we wish you all welcome and hope to see you in Runavík!***

**Best regards  
Frank Petersen  
Pól H. Andreasen  
Local organizers**

**Best regards  
Chairman Heini Hátún  
Secretary Niels Aki Mørk  
Faroe Islands Weightlifting Federation**

## **CONTACT INFORMATION**

**Secretary:** Niels Áki Mørk

Email: [nielsaki@fss.fo](mailto:nielsaki@fss.fo)

Telephone: +298 223336 // +45 93 99 57 77

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# PRELIMINARY ENTRIES

## TO THE NORDIC WEIGHTLIFTING SENIOR CHAMPIONSHIPS

Runavík, Faroe Islands 18<sup>th</sup>-20<sup>th</sup> Oct. 2024

**ONLY NAMES FROM PRELIMS QUALIFY FOR FINAL ENTRIES**

*MUST BE NO LATER THAN 15.08.2024*

*To e-mail: fss@fss.fo*

Nation	
Contact e-mail	

### Women

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

### Men

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

Note: We have very limited single bed rooms, we would thus recomend for as many double rooms as possible.


**Officials**

Function	Name	Type of room

Type of room; S (single), D (double)

Date	
Signature	

Date	
Signature	





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# ***FINAL ENTRIES***

***TO THE NORDIC WEIGHTLIFTING SENIOR  
CHAMPIONSHIPS  
Runavík, Faroe Islands 18<sup>th</sup>-20<sup>th</sup> Oct. 2024***

**ONLY NAMES FROM PRELIMS QUALIFY FOR  
FINAL ENTRIES**

***MUST BE RETURNED BY 30.09.2024***

*To e-mail: fss@fss.fo*

Nation	
Contact e-mail	

## ***Women***

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

## ***Men***

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)

Date	
Signature	





