

# 19th International Women Weightlifting Grand Prix

22<sup>th</sup> - 25<sup>th</sup> August 2024



**Preliminary Entry: June, 25<sup>th</sup>, 2024**  
**Final Entry: July, 22<sup>th</sup>, 2024**

## **Organizer:**

**Badener AC – Lower Austria**

Info: Konrad Högg: [women.weightlifting.grandprix@gmail.com](mailto:women.weightlifting.grandprix@gmail.com)

Mobil: 0043 – 660 – 36 35 156

**Bank Account: IBAN: AT27 3400 0842 0446 3808, Bic: RZOOAT2L**



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# 19<sup>th</sup> International Women's Weightlifting Grand Prix

**Konrad Högg – Head of Organizing Committee,  
Lanserhofstraße 32, Top 4  
A-5020 Salzburg, Phone: 0043-660-3635156  
E-mail: [women.weightlifting.grandprix@gmail.com](mailto:women.weightlifting.grandprix@gmail.com)**

**Invitation to the 19<sup>th</sup> International Women's Grand Prix, 15<sup>th</sup> International Girls' Grand Prix, 13<sup>th</sup> International Kids' Grand Prix, 11<sup>th</sup> International Masters' Grand Prix and 7<sup>th</sup> International Open Class – unsanctioned – Weightlifting Grand Prix from August, 22<sup>th</sup> – 25<sup>th</sup>, August, 2024, in A-2500 Baden – Lower Austria.**

## **Important information:**

- 1.) Room reservations for accommodation in Baden near Vienna - Austria can be made not later than June, 25<sup>th</sup> 2024. They have to be finalized no later than July, 22<sup>th</sup> 2024 using the Final Entry Form. For information on how to pay for accommodation see section "Accommodation" below.
- 2.) The technical meeting will be held on 22<sup>th</sup> August 2024 around 7 pm; the meeting venue will be published in time. – The competition will be held at "Veranstaltungshalle 2500 Baden" 23<sup>th</sup> & 24 August 2024.
- 3.) Registration is done by the Preliminary Entry Form. It has to be sent by mail or e-mail no later than June, 25<sup>th</sup>, 2024. Change in Team Line-ups can be made no later than July 22<sup>th</sup>, 2024. The Final entry Form has to be sent by mail or E-Mail no later than July, 22<sup>th</sup>, 2024. Entries made after that will be charged the double fee.
- 4.) After the competition on Saturday, August, 24<sup>th</sup> 2024, the Grand Prix Party with Dinner will take place around 8 pm. The victory ceremonies for the winning teams, the three best overall Sinclair lifters, the best U-20, U-17, U-15, Masters and Open Class athletes will be held at the party.

Yours sincerely,

Konrad Högg – Head of the Organizing Committee  
Roland Trnka – President of the Weightlifting Club Badener AC



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Konrad Högg – Head of the Organizing Committee,  
Lanserhofstrasse 32, Top 4, A-5020 Salzburg  
Phone: 0043-660-36 35 156,  
E-mail: [women.weightlifting.grandprix@gmail.com](mailto:women.weightlifting.grandprix@gmail.com)

Salzburg – Baden, February 2024

## **Invitation: International Women's - Kids, Girls, Seniors, Masters and Open Class unsanctioned - Weightlifting Grand Prix - 2024**

- Organizer: Weightlifting Club Badener AC- Lower Austria  
Konrad Högg - Head of the Organizing Committee  
Roland Trnka – President of the Club
- Date: 22<sup>th</sup> – 25<sup>th</sup> August 2024
- Venue: Sport. – und Veranstaltungshalle Baden  
Waltersdorfer Straße 40, A-2500 Baden near Vienna
- Weigh-in and start times: The final schedule will be published when final entry is completed.
- Admission: All athletes with a valid licence entered by clubs/federations using  
the enclosed form
- Competition specifications: **Women's Grand Prix:**  
Athletes born 2009 or earlier (15 years and older)!
- Scoring by Olympic total in ten weight categories:  
**45 kg, 49 kg, 55 kg, 59 kg, 64 kg, 71 kg, 76 kg, 81 kg, 87 kg &  
+87 kg**
- Girls' Grand Prix: (13 – 14 years)**  
Athletes born 2010 - 2011  
Scoring by Sinclair points
- Kids' Grand Prix: (8 – 12 years)**  
Athletes born 2012 – 2016  
Scoring by Sinclair points.
- Masters' Grand Prix:**  
35 – 39 years, 40 – 44 years, 45 – 49 years, 50 – 54 years and + 55  
years, scoring by SHMF (Sinclair-Huebner-Meltzer-Faber) points.

### Open Class - unsanctioned:

The Open Class is open to athletes who do not hold a membership with their governing national weightlifting body, i.e. USAW, BVDG and the like. Athletes compete in the snatch and the clean and jerk using the International Weightlifting Federation (IWF) Technical and Competition Rules & Regulations (TCRR). Athletes currently suspended for violations of anti-doping regulations in any sport are not eligible to compete at the Women Grand Prix.

Scoring by Olympic total in ten weight categories:

**45 kg, 49 kg, 55 kg, 59 kg, 64 kg, 71 kg, 76 kg, 81 kg, 87 kg & +87 kg**

If the number of competitors in one weight category is too small one winner for two or more categories will be determined using Sinclair points.

Team scoring: Four athletes from one club, federal state or country, scoring on Sinclair points.

Premiums/prizes:

#### Women's Grand Prix:

The first three athletes of each weight category will be awarded gifts. All participants will receive certificates. The three best participants overall according to Sinclair points will be awarded trophies and prize money. The best overall athletes of the U-20, U-17 and U-15 Masters & Open Class will also receive trophies. The best three teams will receive special gifts.

#### Girls' Grand Prix:

The first three athletes overall according to Sinclair points will be awarded gifts. All participants will receive certificates.

#### Kids' Grand Prix:

The first three athletes overall according to points will be awarded gifts. All participants will receive certificates.

#### Masters' Grand Prix:

The first three athletes overall according to SHMF (Sinclair-Huebner-Meltzer-Faber) points will be awarded prizes. All participants will receive certificates.

#### Open Class – unsanctioned:

The first three athletes of each weight category will be awarded gifts. All participants will receive certificates.

Accreditation: Entry fees (incl. GP Party for Athlete & Coach):  
Kids & Girls (born 2016 – 2010): 75 Euro – (non-refundable)  
  
Seniors – Masters – Open Class – coaches – team leaders: 85 Euro  
(non-refundable)

Accreditation of referees is free of charge.

**The due amount has to be paid to the bank account mentioned below no later than July, 22<sup>th</sup> 2024 which is also the Final Entry date.**

**Incurring banking fees will have to be paid by the participant.**

Account holder: Konrad Högg  
Bank Address: Vogelweiderstrasse, A-5020 Salzburg  
Bank: Hypo Bank Salzburg  
**IBAN AT27 3400 0842 0446 3808**  
**BIC: RZOOAT2L**

Entry after 22<sup>th</sup> July 2024: The entry fee for entering an athlete later than May, 24<sup>th</sup>, 2023 is 140 Euros for Kids & Girls and 160 Euro for Seniors/Masters/Open Class/Coaches/Team leaders.

Accommodation: Hotel fees is paid not later than July, 22<sup>th</sup>, 2024 (after 23 July 2024 non-refundable) .

**Prices include room and breakfast per night**

Guest House A: (4,5 km from the sporthall) Total 60 Rooms  
Single Room: 65 Euro (incl. Local Tax)  
Double Room: 85 Euro for two person (incl. Local Tax)  
Tripleroom: 115 Euro for three person (incl. Local Tax)

Guest House B (500 m from the sporthall) Total 10 Single & 10 Doublebed)  
Singleroom. 85 Euro (incl. Local Tax)  
Doubleroom: 120 Euro (incl. LocalTax)

Account Name: Konrad Högg  
Adresse der Bank: Vogelweiderstrasse, A-502 Salzburg  
Bank Name: Hypo Bank Salzburg  
**IBAN AT27 3400 0842 0446 3808**  
**BIC: RZOOAT2L**

**Incurring banking fees will have to be paid by the participant.**

**Further Information:** “After Competition Party” for athletes, coaches and officials holding an accreditation, guests are welcome the price is 30 Euro per Person.

Preliminary entry date: 25<sup>th</sup> June 2024 (date of postage stamp or e-mail!)

Final entry date: 22<sup>th</sup> July 2024 (date of postage stamp or e-mail!)

Registration: By mail to:  
Konrad Högg,  
E-mail: women.weightlifting.grandprix@gmail.com  
Entry forms are to be completed by the club/federation and entry fees have to be paid. The clubs/federations are responsible for their entries.

Doping test: Doping tests can occur at the competition. The selected athletes will be informed immediately after the end of their group's competition. If an athlete fails to appear at the testing commission in time, this will be regarded as a positive test including the corresponding sanctions.

**In the case of a positive drug test the participant will be personally liable for the incurring costs!**

Other information: Participation in the competition is at each lifter's own risk.  
The administrative and technical rules of the IWF will be applied.

Visas: All participants must check if a visa is required for their entry to Austria. Should visa be required, participants will have to apply for the visa in the Austria Embassy/ Consulate in their home country. If assistance is needed, please contact the Organizers.

Accommodation: Please book by contacting Konrad Högg,  
e-mail: women.weightlifting.grandprix@gmail.com  
not later than 25<sup>th</sup> June 2024 Changes  
can only be made before 22<sup>th</sup> July  
2024.

Signed:

Konrad (Conny) Högg – Head of the Organizing Committee  
Roland Trnka – President of the Weightlifting Club Badener AC

# Information :

1st place – 3<sup>rd</sup> place based on Sinclair points receive prize money

## Provisionary schedule:

**Thursday, August, 22<sup>th</sup>, 2024**

Arrival

7pm: Technical meeting

**Friday, August, 23<sup>th</sup> 2024**

Competition

**Saturday, August, 24<sup>th</sup> 2024**

Competition

Grand Prix Party

**Sunday, August, 25<sup>th</sup>, 2024**

Departure



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