



Invitation for The Nordic Championships 2026

Tysvær weightlifting club, Norwegian Weightlifting Federation and The Nordic Weightlifting Federation have the honour of inviting all Nordic member federations to participate at the 2026 Nordic championships in Tysvær, Norway.

Tysvær is located 14 km east of Haugesund.
The drive with car is estimated to 16 minutes.

Competition days

Youth categories compete on Friday 20th.
Junior categories compete on Saturday 21st.
Senior categories compete on Sunday 22nd.

The weigh-in will be 07:00 all days in the competition hall.
There will be a test scale at the hotel.
Sauna will be organized. Place to be determined later.

Teams' entry.

Please enter your ranked teams into the enclosed excel document within September 20th. the latest. You will find information about the entry regulations here:
<https://nordicweightlifting.com/>

The starting list will be confirmed by the Nordic federation secretariat on September 28th. at the latest.

The final date to make changes for the name of the athletes in the teams, will be October 20th. The athletes must be in the preliminary list.

Important!

NWF will bill separately 100 Euros pr. lifter pr. additional age category. For example, if a youth lifter will compete in the junior category or senior category in addition to the youth category.

Competition arena

The competition will be held at [Tysværtunet kulturhus](#).

At the arena, there is also a swimming pool and cinema.

Accommodation

The hotel is Thon Hotel Saga, Haugesund.

The prices are:

Single standard room Nkr. 1290,- pr day (one person one bed)

Double standard room Nkr. 1490,- pr. Day (two persons one bed)

Double standard twin room Nkr. 1490,- pr. Day (two persons two beds)

You must order your hotel rooms here: [Nordic junior & Nordic Senior 2026](#).

The payment of hotel rooms is to be paid directly to the hotel from each federation. The offer is valid until Sunday 25th. of October.

Food

- The breakfast is at the hotel (included in the hotel price).
- The ordinary breakfast starts 07:00 Saturday and Sunday, so on Saturday and Sunday, we have organised an «early bird» breakfast at 06:00 so you can take some food with you to eat after weigh-in.
- The lunch and dinner (buffet style service) will be served in the competition hall (included in the entry fee).

Transportation

The public airport bus service stops just outside the hotel. That is the best way to go from the airport to the hotel and back to the airport. The public airport bus is to be paid when entering the bus.

Renting busses for transportation are extremely expensive in Norway, so to keep the cost for the entry fee as low as possible, the following will be included in the entry fee:

There will be organized bus transport from the hotel to the arena each day before weigh in and return to hotel after weigh in.

There will also be organized one bus transport from the hotel to the arena before lunch and before dinner each day. There will also be organized one bus transportation back to the hotel after lunch and dinner.

The final Bus organisation will be made when we see the need according to the numbers of athletes, coaches and referees entering the competition.

If the teams need more transportation to and from the arena, public transportation or taxi is recommended.

Entry fee:

The entry fee is Euro 90 pr. day pr. Person.

The entry fee includes:

- Lunch and dinner/banquet (buffet style service) in the competition hall.
- Bus transportation from and to the hotel/competition arena as described.

The entry fee is to be paid to the local organizer before October 1st. at the latest:

Payment address:

Tysvær Vektløfterklubb

Haugesund Sparebank

Account number 3240 13 72139

IBAN: NO4932401372139

BIC/Swift: DNBANOKKXXX

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