



NORDIC YOUTH AND JUNIOR WEIGHTLIFTING CHAMPIONSHIPS ROVANIEMI, FINLAND Nov. 10-12, 2023

The Finnish Weightlifting Federation and the Weightlifting Club Ounasvaaran Atleetti Klubi hereby invites you to take part in the Nordic Youth and Junior 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 Nov. 8th

20:00 NWF Congress & Technical meeting (SWE time, UTC+2). Participation to Congress and Technical meeting either at Hotel Santasport, or online via Zoom or Teams.

Thursday Nov. 9th or Friday Nov. 10th

Arrival of the delegations to Hotel Santasport, Hiihtomajantie 2, 96400, Rovaniemi. Training possibility at the competition venue, same place at the gym Voimapaja, in Santasport sport venue. More information on Santasport at: <https://santasport.fi/en/>.

Friday, Nov. 10th

07:30-10:00 Breakfast at Hotel Santasport restaurant Puhti (only for delegations arrived on Thursday)
11:00-14:00 Lunch at Hotel Santasport restaurant Puhti (only for delegations arrived on Thursday)
08:00-09:00: Weigh-in at Hotel Santasport
Youth Girls' categories 40 - +81 kg
Youth Boys' categories 49 - +102 kg
10:00 Competition (Youth categories) starts at Santasport, Hiihtomajantie 2, 96400, Rovaniemi
17:00-20:00 Dinner at Hotel Santasport restaurant Puhti

Saturday, Nov. 11th

07:30-10:00 Breakfast at Hotel Santasport restaurant Puhti
08:00-09:00 Weigh-in at Hotel Santasport
Junior Women's categories 45 - +87 kg
Junior Men's categories 55 - +109 kg
10:00 Competition (Junior categories) at Santasport, Hiihtomajantie 2, 96400, Rovaniemi
11:00-14:00 Lunch at Hotel Santasport restaurant Puhti
Ca. 20:00 Banquet at Santasport restaurant Puhti

Sunday, Nov. 12th

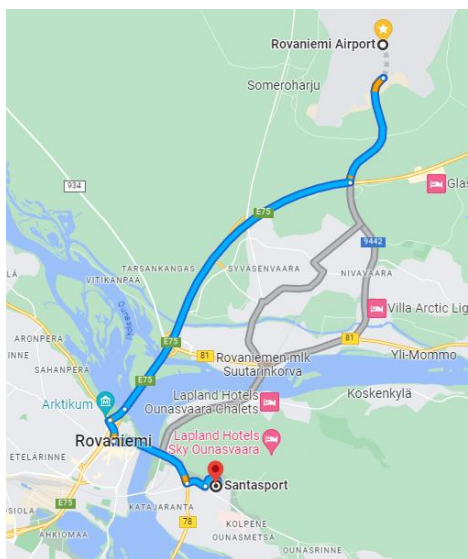
07:30-10:00 Breakfast at Hotel Santasport restaurant Puhti

10:00 Departure of the delegations

Note! Changes can occur after preliminary entry. 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 Santasport, Hiihtomajantie 2, 96400, Rovaniemi. The hotel is situated in the same place as the competition venue.



COMPETITION VENUE

The competition will take place at Hotel Santasport, Hiihtomajantie 2, 96400, Rovaniemi. During the Championships Eleiko barbells will be used.

ACCREDITATION

The accreditation procedures will be done at arrival at Hotel Santasport reception. All team leaders will receive food tickets for their respective delegation at the accreditation from Thursday on. The staff of restaurants Puhti and Buusti are happy to serve you also at other times if you arrive earlier or leave later.

ENTRIES

Preliminary Entry Forms

Must be returned to the Organizing Committee toimisto@painonnosto.fi before the **2nd of October 2023**.

Final Entry Forms

Must be returned to the Organizing Committee toimisto@painonnosto.fi before the **27th of October 2023**.

(the entry forms are attached to the end of this invitation)

FEES

Accommodation fees including spa, transport Rovaniemi Airport to Hotel Santasport, training facilities, full board from Friday dinner, banquet Saturday evening and lunch for Sunday. No entry fee.

For two days: (Friday-Sunday; Thursday-Saturday also possible option):

Double room	- 440 € (220 €/person; 110 € per person per day)
Triple room	- 570 € (190 €/person; 95 € per person per day)
Quad room	- 640 € (160 €/person; 80 € per person per day)

Accommodation fees including spa, transport Rovaniemi Airport to Hotel Santasport, training facilities, full board from Thursday dinner, banquet Saturday evening and lunch for Sunday. No entry fee.

For three days (Thursday-Sunday):

Double room	- 660 € (330€/person; 110 € per person per day)
Triple room	- 855 € (285 €/person; 95 € per person per day)
Quad room	- 960 € (240€/person; 80 € per person per day)

A minimum stay of two days (Fri-Sun) is required! Extra nights with same rates.

Fees will be invoiced from the federations after submission of Final Entry.

Banking details:

Nordea Bank Oyj
Satamaradantiekatu 5, 00020 Nordea, Helsinki
IBAN: FI64 1386 3000 0877 89
SWIFT: NDEAFIHH

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 with minibuses from Rovaniemi airport or train station to Hotel Santasport. 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 each day. The best team (men and women) will receive a team award. **Don't forget to bring the team awards with you!**

FURTHER INFORMATION

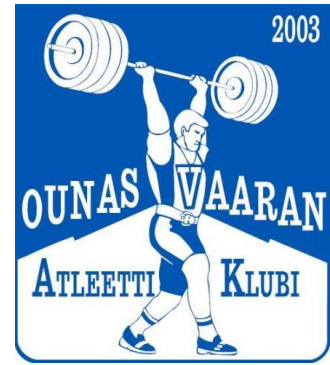
For the need of further information, please contact the Finnish Weightlifting Federation toimisto@painonnosto.fi

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

On behalf of the Finnish Weightlifting Federation and the Weightlifting Club Ounasvaaran Atleetti Klubi we wish you all welcome and hope to see you in Rovaniemi!

Best regards
Mr. Harri Norberg
Secretary, Ounasvaaran Atleetti Klubi
Local organizer

Best regards
Mr. Timo Ruuhijärvi
General Secretary
Finnish Weightlifting Federation



PRELIMINARY ENTRIES

TO THE NORDIC WEIGHTLIFTING YOUTH AND JUNIOR CHAMPIONSHIPS
ROVANIEMI, FINLAND Nov. 10-12, 2023

MUST BE RETURNED BY 02.10.2023

To e-mail: toimisto@painonnosto.fi

Nation	
Contact e-mail	

Numbers of:

Youth Girls	Junior Women

Numbers of:

Youth Boys	Junior Men

Numbers of:

Officials

Numbers of:

Accommodation	Dates	Double room	Triple room	Quad room
Wednesday-Thursday	Nov 8-9			
Thursday-Friday	Nov 9-10			
Friday-Saturday	Nov 10-11			
Saturday-Sunday	Nov 11-12			

Date	
Signature	

Junior Women

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

Junior Men

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

Officials

Function	Family name	Given name	Type of room

Type of room: D (double room), T (triple room) and Q (quad room).

Date	
Signature	
