



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. 25th

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

Thursday 26th or Friday, Oct. 27th

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

Friday, Oct. 27th

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

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

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. 28th

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 29th

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 before the **6th of September 2023**.

Final Entry Forms

Must be returned to the Organizing Committee office@tyngdlyftning.org before the **27th 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)
skanetrafiiken.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

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**



PRELIMINARY ENTRIES

TO THE NORDIC WEIGHTLIFTING SENIOR CHAMPIONSHIPS
LANDSKRONA, SWEDEN 27.-29.10.2023

MUST BE RETURNED BY 6.09.2023

To e-mail: office@tyngdlyftning.org

Nation	
Contact e-mail	

Numbers of:

Women

Numbers of:

Men

Numbers of:

Officials

Numbers of:

Single room	Double room

Date	
Signature	

