

**NORDIC YOUTH AND JUNIOR
WEIGHTLIFTING CHAMPIONSHIPS
COPENHAGEN, DENMARK 15 – 16 NOV. 2024**



INVITATION



The Danish Weightlifting Federation and the weightlifting club IK 99 Weightlifting hereby invite you to take part in the Nordic Youth and Junior Weightlifting Championships in Copenhagen, Denmark, 15 – 16 Nov. 2024.

We are looking forward to welcoming you in Copenhagen for two days of weightlifting competition for weightlifters from all the Nordic countries.

Competition rules

The competition will be held according to the rules of the Nordic Weightlifting Federation and the International Weightlifting Federation. The competition is organized according to the regulation and aid of the EWF and IWF.

Preliminary championships schedule

Monday, 11th of Nov.

20.00 – 21.30: NWF Congress and Technical Meeting, online meeting

Thursday, 14th of Nov. or Friday, 15th of Nov.

Arrival of the delegations to Hotel Østerport, Oslo Plads 5, 2100 København Ø.
Training possibility at the competition venue, Gunnar Nu Hansens Plads 7.

Friday, 15th of Nov.

07.30 – 10.00: Breakfast at Hotel Østerport (for delegations arriving Thursday).
08.00 – 09.00: Weigh-in at Hotel Østerport.
10.00: Competition at Gunnar Nu Hansens Plads 7, 2100 Kbh. Ø.
11.00 – 14.00: Lunch at the competition venue.
17.00 – 20.00: Dinner at the competition venue.

Saturday, 16th of Nov.

07.30 – 10.00: Breakfast at Hotel Østerport.
08.00 – 09.00: Weigh-in at Hotel Østerport.
10.00: Competition at Gunnar Nu Hansens Plads 7, 2100 Kbh. Ø.
11.00 – 14.00: Lunch at the competition venue.
20.00: Banquet at the competition venue.

Sunday, 17th of Nov.

07.30 – 10.00: Breakfast at Hotel Østerport.
10.00: Departure of the delegations.

Please be aware that changes can occur after preliminary entry, because the schedule will be organized according to the number of entries.



Accommodations and meals

Delegation members participating in the event will be accommodated at Hotel Østerport, Oslo Plads 5, 2100 København Ø. The hotel is situated right next to the train station “Østerport”.

Breakfast will be at Hotel Østerport and lunch, dinner and banquet will be at the competition venue. You will receive food tickets.

Competition venue

The competition will take place at Idrætshuset, Østerbro Stadion, Gunnar Nu Hansens Plads 7, 2100 København Ø. The competition venue is also the training facility. During the championships Eleiko equipment will be used.

Transportation

The hotel and the competition venue are within a walking distance of 25 min, and it is possible to use public transportation (the metro line M3). You will be provided with all the information you need when you arrive at the hotel, and travel passes will be distributed.

Map of the area

We have made a Google Map with the relevant places, and you can find the map here: [Google Map](#).

Accreditation

The accreditation procedures will be done on arrival at Hotel Østerport and besides the accreditation you will also receive a travel pass and food tickets.

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.

Please remember to bring the team awards.



Entries

Preliminary entry forms

Must be filled out and returned to the organizing committee by e-mail to kontor@danskvaegtloeftning.dk no later than the 12th of September 2024.

Final entry forms

Must be filled out and returned to the organizing committee by e-mail to kontor@danskvaegtloeftning.dk no later than the 28th of October 2024.

The entry forms are attached to the same e-mail as this invitation.

Fees

Accommodation fees including full board from Friday lunch to Sunday (including banquet Saturday). Two days from Friday to Sunday:

Single room	420 € per person
Double room	320 € per person
Triple room	280 € per person
Quadruple room	260 € per person
No entry fee.	

Accommodation fees including full board from Friday morning to Sunday (including banquet Saturday). Three days from Thursday to Sunday:

Single room	560 € per person
Double room	420 € per person
Triple room	370 € per person
Quadruple room	330 € 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:

Fynske Bank, Cortex Park Vest 4, 5230 Odense, Danmark

IBAN: DK2368500000327546

SWIFT: VESBDK22



Insurance

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

Further information

All relevant information can be found on our website here: [Website](#)

And you are more than welcome to contact the Danish Weightlifting Federation by e-mail: kontor@danskvaegtloeftning.dk

On behalf of the Danish Weightlifting Federation and IK 99 Weightlifting we wish you all welcome and hope to see you in Copenhagen.

Best regards

Tina Facius, President

The Danish Weightlifting Federation

Anders Bendix Nielsen, Chairman

IK 99 Weightlifting