



NORDIC SENIOR WEIGHTLIFTING CHAMPIONSHIPS RUNAVÍK, FAROE ISLANDS 18th - 20th of October 2024

The Faroe Islands and the city of Runavík hereby invite you to take part in the Nordic Senior Weightlifting Championships 2024.

COMPETITION RULES

The competition will be held according to the rules of the Nordic Weightlifting Federation and the International Weightlifting Federation.

PRELIMINARY CHAMPIONSHIPS SCHEDULE

Monday, Oct. 14th

19:00: Swedish time - Technical Congress of the Nordic Weightlifting VFE (online meeting).

Thursday 17th or Friday, Oct. 18th

Arrival of the delegations to Hotel Djurhuus - Yviri við Strond 19, 100 Tórshavn.

Training is possible and will be instructed at arrival.

20:30 - 22:00 Congress at Hotel Djurhuus

Friday, Oct. 18th

07:30-10:00: Breakfast at Hotel Djurhuus (only for delegation arrived at Thursday Oct. 17th).

09:00-10:00 Weigh-in at Hotel Djurhuus

11:30-13:00: Lunch at Hotel Djurhuus - Yviri við Strond 19, 100 Tórshavn.
(only for delegation arrived at Thursday Oct. 17th).

13:00 First bus will departure from Hotel Djurhuus

15:00: Competition at Bylgjan Sports Hall - Mýravegur 12, 620 Runavík.
(- 55, -59, -64, kg. Women's category) (-73, -81kg. Men's category)

18:00-19:30 Dinner at Bylgjan Sports Hall - Mýravegur 12, 620 Runavík

Saturday, Oct. 19th

07:30-08:30 Weigh-in at Hotel Djurhuus

07:30-10:00 Breakfast at Hotel Djurhuus

09:15 First bus will departure from Hotel Djurhuus
10:30: Competition at Bylgjan Sports Hall – Mýravegur 12, 620 Runavík.
(-71, -81, +81 kg Womens category and -89, - 96, - 102, +102 kg Men Category.
12:00-15:00 Lunch at. Bylgjan Sports Hall – Mýravegur 12, 620 Runavík.
App. 20.00: Banquet at Bowl – Heykavegur 1, 100 Tórshavn.

Sunday, Oct 20th

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 Djurhuus - Yviri við Strond 19, 100 Tórshavn.

Due to the very limited availability of single rooms and our commitment to maintain affordable prices, we strongly recommend booking double rooms.

COMPETITION VENUE

The competition will take place at Bylgjan Sports Hall Mýravegur 12, 620 Runavík.
During the Championships Eleiko barbells will be used.

ACCREDITATION

The accreditation procedures will be done at arrival at Hotel Djurhuus
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 fss@fss.fo before the **15th of August 2024**.

Final Entry Forms

Must be returned to the Organizing Committee fss@fss.fo before the **29th of September 2024**.

FEES

Accommodation fees including full board and banquet Saturday evening for two days (Friday-Sunday):

Single room - 470 € per person

Double room - 410 € per person

No entry fee.

Accommodation fees including full board from Friday morning and banquet Saturday evening for three days (Thursday-Sunday):

Single room - 600 € per person

Double room - 520 € 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;
BETRIBANK

IBAN: **FO0791810005457671**

BIC(SWIFT): **EIKBFOTF**

INSURANCE

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

TRANSPORTATION

Plan from Copenhagen Airport to Vágur Airport

Please inform us of your planned arrival and departure dates for Vágur. If you are travelling between Thursday, October 17th and Sunday, October 20th, we will arrange transportation for you. Should your travel dates fall outside this period, we will be pleased to assist you with transportation options.

Here are all arrivals and departures to/from Faroe Islands as of 18th July 2024.

Arrivals				Departures			
Day	Time of landing	Arrival from	Airline	Day	Time of departure	Departure to	Airline
Thursday				Sunday			
	11:20	Keflavik	Iceland Air		08:20	Copenhagen	Atlantic Airways
	12:40	Copenhagen	SAS		10:00	Copenhagen	SAS
	12:20	Billund	Atlantic Airways		13:15	Keflavik	Iceland Air
	13:40	Copenhagen	Atlantic Airways		14:30	Copenhagen	Atlantic Airways
	19:50	Copenhagen	Atlantic Airways		15:50	Oslo	Atlantic Airways
Friday							
	11:25	Keflavik	Atlantic Airways				
	11:45	Sandefjord	Widerøe				
	12:40	Copenhagen	SAS				
	13:40	Copenhagen	Atlantic Airways				
	19:50	Copenhagen	Atlantic Airways				

AWARDS

Gold, silver and bronze medals will be awarded for the first, second and third places respectively in the total (points for the combined weightclasses).

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

By utilizing the following link on our website (<https://fss.fo/nordics2024/>), we will provide a range of information, including both critical updates and helpful details.

If further information is needed, please contact the Faroe Islands Weightlifting Federation at fss@fss.fo

The competition is organized according to the rules and regulation of the NWF and IWF.

On behalf of the Faroe Islands Weightlifting Federation and the city of Runavík we wish you all welcome and hope to see you in Runavík!

Best regards
Frank Petersen
Pól H. Andreasen
Local organizers

Best regards
Chairman Heini Hátún
Secretary Niels Aki Mørk
Faroe Islands Weightlifting Federation

CONTACT INFORMATION

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