



## **NWF Member Federations**

Dear President / General Secretary,

The Icelandic Weightlifting Federation, Iceland and the city of Garðabær hereby invite you to take part in the Nordic Senior Weightlifting Championships 2025

☎ +354 8676913

✉ [lsi@lsi.is](mailto:lsi@lsi.is)

📍 Engjavegur 6, 104 Reykjavík

# **NORDIC SENIOR WEIGHTLIFTING CHAMPIONSHIPS**

## **GARÐABÆR, ÍSLAND 15<sup>TH</sup> – 16<sup>TH</sup> OF NOVEMBER 2025**

### **COMPETITION RULES**

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

### **PRELIMINARY CHAMPIONSHIPS SCHEDULE**

Thursday, Sept. 13<sup>th</sup>  
Preliminary Entry

Wednesday, Oct. 29<sup>th</sup>  
Final Entry

Wednesday, Nov. 12<sup>th</sup>  
20:00CET (Stockholm)- Technical Congress VFE

### **COMPETITION SCHEDULE**

#### FRIDAY 14<sup>th</sup> of November

Arrival of the delegations to Hotel Vellir, Tjarnarvellir 3, 221 Hafnafjörður.  
Training is possible and will be instructed at arrival

#### Saturday, Nov. 15<sup>th</sup>

09:00-10:00 Weigh-in.  
11:30-13:00: Lunch.

11:00 Competition Miðgarður – Vetrarbraut 18, 210 Garðabær  
(- 53, -58, -63, -69kg. Women's category and -71, - 79, -88kg. Men's category).  
18:00-19:30 Dinner at Miðgarður – Vetrarbraut 18, 210 Garðabær.  
App. 20.00 Banquet.

#### Sunday, Nov. 16<sup>th</sup>

07:30-08:30 Weigh-in.  
07:30-10:00 Breakfast at Hotel Vellir.  
Competition at Miðgarður  
(-77, 86, +86 kg Womens category and -88, -98, -110, +110 kg. Men's Category).  
12:00-15:00 Lunch at Miðgarður.

# **NORDIC SENIOR WEIGHTLIFTING CHAMPIONSHIPS**

## **GARÐABÆR, ÍSLAND 15<sup>TH</sup> – 16<sup>TH</sup> OF NOVEMBER 2025**

Monday, Nov. 17<sup>th</sup>

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 Vellir.

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

### **COMPETITION VENUE**

The competition will take place Miðgarður – Vetrarbraut 18, 210 Garðabær. During the Championships Eleiko barbells will be used.

### **ACCREDITATION**

The accreditation procedures will be done at arrival at Hotel Vellir.

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 [lsi@lsi.is](mailto:lsi@lsi.is) before the 15th of September 2025.

Final Entry Forms must be returned to the Organizing Committee [lsi@lsi.is](mailto:lsi@lsi.is) before the 29th of October 2025.

# **NORDIC SENIOR WEIGHTLIFTING CHAMPIONSHIPS**

## **GARÐABÆR, ÍSLAND 15<sup>TH</sup> – 16<sup>TH</sup> OF NOVEMBER 2025**

### **FEES**

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

- 64.900isk per person for two nights.

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

- 83.900isk per person for three nights.

Double, triple and quadruple rooms are available. 5000isk extra fee per night for single rooms, which are at a very limited availability.

No entry fee.

A minimum stay of two days is required!

Fees are to be paid simultaneously with submission of Final Entry to:

ARION BANKI

IBAN: IS350311260029924302750119

BIC(SWIFT): ESJAISRE

### **INSURANCE**

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

### **TRANSPORTATION**

Schedule from KEFLAVIK Airport to Hafnafjörður

<https://www.re.is/tour/flybus/>

## **NORDIC SENIOR WEIGHTLIFTING CHAMPIONSHIPS GARÐABÆR, ÍSLAND 15<sup>TH</sup> – 16<sup>TH</sup> OF NOVEMBER 2025**

Please inform us of your planned arrival and departure dates. If you are travelling between Thursday, October 17th and Sunday, October 20th.

We are pleased to assist you with transportation options.

### **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://lsi.is/nm-senior-2025-2/>), we will provide a range of information, including both critical updates and helpful details.

If further information is needed, please contact the Icelandic Weightlifting Federation at [lsi@lsi.is](mailto:lsi@lsi.is)