

Invitation to Nordic Championships for Subjuniors and Juniors



Approved by:	The Nordic Powerlifting Federation and the Danish P.Federator
Meet director/Information:	Henning Thorsen: Mobil. +4521484528 Mail. henning@styrke.dk
Name of the organizing club:	Videbæk Styrke & Kampsport
Venue:	Videbæk Hallen, Vestervang 28, 6920 Videbæk
Date competition:	13th and 14th September, 2019
Airport:	Billund
Transport:	Bus transport contact organizer
Preliminary nomination:	July 12th, 2019. Send to: henning@styrke.dk + kasserer@styrke.dk
Final nomination:	August 23rd, 2019. Send to: henning@styrke.dk + kasserer@styrke.dk
Accommodation:	Hotel Falken, Falkevej 3, 6920 Videbæk Tel.: +45 9717 1550 E-mail: info@hotelfalken.dk Hotel Falken is located across the street from the venue, 3 minutes' walk. Single room: Dkr. 695,00. Double room: Dkr. 895,00. Triple room: Dkr. 1095,00. 1 apartment available with rooms for 6 persons, Dkr. 1695,00. Prices are per night . You have to contact the hotel and make reservations for your team. The hotel will send you an invoice accordingly. - Payment cannot take place on arrival. Breakfast Included. A-la-carte restaurant at the hotel.
Restaurant:	Hotel Ringkøbing, Torvet 18, 6950 Ringkøbing Tel.: +45 9732 0011 E-mail: info@hotelringkobing.dk Hotel Ringkøbing is located in Ringkøbing, 25 km. from the venue, 25 minutes in bus. Contact the organizer for information of transport. Double room: Dkr. 950,00, Triple room: (only a few available) Dkr. 1100,00 Prices are per night . You have to contact the hotel and make reservations for your team. The hotel will send you an invoice accordingly. - Payment cannot take place on arrival. Breakfast included. A-la-carte restaurant at the hotel.
Restaurant:	
Banquet:	Hotel Falken, Saturday evening on September 14 th at 21.00. Dkr. 299,00 per person. No. of tickets to be given to the organizer on the nomination form.
Technical meeting and Congress:	September 12th - at 20.00 followed by Congress – Place Hotel Falken
Opening ceremony and time table: (preliminary schedule)	Opening Ceremony: Friday 13 th September at 08.30-until 08.50 Classic powerlifting 13th September: Women (sub-junior and junior): Weigh-in: 7.00-8.30. Start 9.00. Men sub-junior and junior: Weigh-in: 12.00-13.30. Start 14.00 Classic bench press: Women & men (sub-junior and junior): Weigh-in: 16.30-18.00. Start 18.30. Powerlifting 14th September: Women (sub-junior and junior): Weigh-in: 07.00-08.30. Start 09.00 Men (sub-junior and junior): Weigh-in: 11.00-12.30. Start 13.00 Bench press equipped (sub-junior and junior): Weigh-in: 15.30-17.00. Start 17.30 Schedule may be revised after final nomination

Weight classes:

Women: 43, 47, 52, 57, 63,72, 84, +84 (maximum team number 9)
Men: 53, 59, 66, 74, 83, 93, 105, 120, +120 (maximum team number 9)

The lifters cannot change weight classes after the final nomination

Participation Fee:

Fee powerlifting 45 euros per lifter

Doping Fee:

Doping fee 50 euros per lifter

Transfer to:

Participation fee shall be paid to this account together with the final nomination: **11627137 IBAN: DK08 3000 0011 6217 37. BIC/SWIFT: DABADKKK**

Nomination form – Nordic subj/jr Powerlifting championship CLASSIC

Men Classic Powerlifting Max 9 Juniors			Women Classic Powerlifting Max 9 Juniors		
Class + year of birth	Name:	Best results	Class + year of birth	Name:	Best results
Reserve lifters	Max. 5		Reserve lifters	Max. 5	

Men Classic Powerlifting Max 9 Sub-Juniors			Women Classic Powerlifting Max 9 Sub-Juniors		
Class + year of birth	Name:	Best results	Class + year of birth	Name:	Best results
Reserve lifters	Max. 5		Reserve lifters	Max. 5	

Nomination form – Nordic subjr/jr Powerlifting championship EQUIPPED

Men Equipped Powerlifting Max 9 Junior			Women Equipped Powerlifting Max 9 Junior		
Class + year of birth	Name:	Best results	Class + year of birth	Name:	Best results
Reserve lifters	Max. 5		Reserve lifters	Max. 5	

Men Equipped Powerlifting Max 9 Sub-Junior			Women Equipped Powerlifting Max 9 Sub-Junior		
Class + year of birth	Name:	Best results	Class + year of birth	Name:	Best results
Reserve lifters	Max. 5		Reserve lifters	Max. 5	

Nomination form – Nordic subjr/jr Benchpress championship EQUIPPED

Men equipped Benchpress Max 9 Junior			Women equipped Benchpress Max 9 Junior		
Class + year of birth	Name:	Best results	Class + year of birth	Name:	Best results
Reserve lifters	Max. 5		Reserve lifters	Max. 5	

Men equipped Benchpress Max 9 Sub-Junior			Women equipped Benchpress Max 9 Sub-Junior		
Class + year of birth	Name:	Best results	Class + year of birth	Name:	Best results
Reserve lifters	Max. 5		Reserve lifters	Max. 5	

Nomination form – Nordic subjr/jr Benchpress championship CLASSIC

Men Classic Benchpress Max 9 Juniors			Women Classic Benchpress Max 9 Juniors		
Class + year of birth	Name:	Best results	Class + year of birth	Name:	Best results
Reserve lifters	Max. 5		Reserve lifters	Max. 5	

Men Classic Benchpress Max 9 Sub-Juniors			Women Classic Benchpress Max 9 Sub-Juniors		
Class + year of birth	Name:	Best results	Class + year of birth	Name:	Best results
Reserve lifters	Max. 5		Reserve lifters	Max. 5	

Referees:

Team Leader / head Coach

Banquet (number of attendees):

**Preliminary nomination July 12th
2019**

Final nomination **August 23rd, 2019.**

Send to: henning@styrke.dk + kasserer@styrke.dk