



Invitation Nordic Championship 2012 Junior and sub-junior

Approved by:	The Nordic Powerlifting federation and the Norwegian Powerlifting federation
Meet director/Information:	Heidi Hille Arnesen phone +47 41 27 84 32
Name of the organizing club:	IL Kraftsport http://idrett.speaker.no/organisation.asp?id=20424
Venue:	Avancia, Industriveien 4, 2020 Skedsmo. Skedsmokorset.
Airport:	Oslo Airport www.osl.no 35 km to venue
Transport:	Airport bus or taxi
Preliminary nomination:	14/2.2012 send to Pae-nil@online.no
Final nomination:	24/3.2012 send to Pae-nil@online.no
Hotel:	Quality Hotel Olavsgaard Hvamstubben 11 2013 Skjetten. +47 63 84 77 00 http://olavsgaard.no/ Reference code " Nordic Championship" Single room NOK. 700, Double room NOK. 900 You have to contact the hotel and make reservations for your team. Hotel must be paid in cash or with credit card when you arrive.
Banquet: Deadline: 24/3.2012	Saturday 14/4.2012 21.00. Quality Hotel Olavsgaard Mail to: Heidi Hille Arnesen, heiarn@lorenskog-skole.no 355 NOK Per person, binding nomination, Must be paid with participation fee
Technical meeting:	Friday 13/4.2012 at Venue (more information after final nom.)
Weigh in:	Saturday 14 april Sub-junior men/women Weight in: 08:00-09:30 Competition start: 10:00 Saturday 14.april Junior men/women Weight in: 13:30 -15:00 Competitions start: 15:30 Be aware! There can be changes in weight in time and competition start after final nomination!
Weight classes:	Women: 43, 47, 52, 57, 63,72, 84, +84 (maximum team number 8) Men: 53, 59, 66, 74, 83, 93, 105, 120, +120 (maximum team number 9) The nomination of a lifter in one class I fixed, no lifter can move up or down a weight class after final nomination
Participation Fee:	Fee powerlifting 400€ /nation or 45€ /lifter up to 8 lifters Participation fee shall be payed to this account with the final nomination:
Transfer to:	IL Kraftsport 1286.25.05849 Swift: LISTNO21, Lillestrømbanken, (Post@lillestrombanken.no)

