

**Nordic Championships in classic and equipped powerlifting
and bench press juniors and subjuniors 2018**

REFEREES DUTY LIST

Powerlifting - Classic		Friday 21.9.2018	
Weigh in		Competition	
7:00 - 8:30		9:00	
Group 1			
Sub Women	52 - 84	5 lifters	
Jun Women	52 - 57	4 lifters	
Group 2			
Jun Women	63 - 72	13 lifters	
Group 3			
Jun Women	84 - 84 plus	7 lifters	
		Jury	
Referees		Johnny Wiklund SE	
Chief Referee	Kári Rafn Karlsson IS	Klaus Broström DK	
Side Referee	Birgitte Thorsen DK	Helgi Hauksson IS	
Side Referee	Carl Ingvar Christensen NO	Helena Kvist FI	
		TC:	
Weigh in		Competition	
12:30 - 14:00		14:30	
Group 1			
Sub men	66 - 120	12 lifters	
Group 2			
Jun men	74 - 93	13 lifters	
Group 3			
Jun men	105 - 120 plus	8 lifters	
		Jury	
Referees		Ola Arvidsson SE	
Chief Referee	Tone Ingebretsen NO	Ilkka Seppala FI	
Side Referee	Henning Thorsen DK	Peter Bogh DK	
Side Referee	Aron teitsson IS	Sturlaugur Gunnarsson IS	
		TC:	

Powerlifting Equipped		Saturday 22.9.2018	
Weigh in <div style="border: 1px solid black; padding: 2px;">8:00 - 9:30</div>		Competition <div style="border: 1px solid black; padding: 2px;">10:00</div>	
Group 1 Jun and Sub Women 57 - 84 plus 7 lifters			
Group 2 Jun Men 74 - 120 plus 11 lifters			
Referees Chief Referee Tone Ingebretsen NO Side Referee Henning Thorsen DK Side Referee Sturlaugur Gunnarsson IS		Jury Ola Arvidsson SE Ilkka Seppala FI Peter Bogh DK Aron teitsson IS	
		TC:	
Bench Press Classic Weigh in <div style="border: 1px solid black; padding: 2px;">12:30 - 14:00</div>		Competition <div style="border: 1px solid black; padding: 2px;">14:30</div>	
Group 1 Sub and Jun Women 63 - 72 9 lifters			
Group 2 Sub and Jun Men 66 - 120 14 lifters			
Referees Chief Referee Helena Kvist FI Side Referee Birgitte Thorsen DK Side Referee Ola Arvidsson SE		Jury Johnny Wiklund SE Klaus Broström DK Helgi Hauksson IS Kári Rafn Karlsson IS	
		TC:	
Bench Press Equipped Weigh in <div style="border: 1px solid black; padding: 2px;">14:00 - 15:30</div>		Competition <div style="border: 1px solid black; padding: 2px;">16:00</div>	
Group 1 Men and women all categories 11 lifters			
Referees Chief Referee Carl Ingvar Christensen NO Side Referee Henning Thorsen DK Side Referee Sturlaugur Gunnarsson IS		Jury Ola Arvidsson SE Ilkka Seppala FI Peter Bogh DK Aron teitsson IS	
		TC:	