

Invitation to Nordic Championships for Subjuniors and Juniors

Approved by:	The Nordic Powerlifting Federation and the Norwegian PL Federation
Meet director/Information:	Per Fjeld, +47 48070032, p-oeifj@online.no , styrkeloftforbundet@nif.idrett.no
Name of the organizing club:	IL Kraftsport, Heidi Hille Arnesen +47 41278432
Venue:	Skedsmohallen, Leiraveien 2. 2000 Lillestrøm
Date of competition	16th and 17th September, 2023
Airport:	Oslo Airport Gardermoen
Transport:	IL Kraftsport arranges bus transport to/from hotels/venue. 10 euro t/r. Number of persons to be sent to the organizer together with final nomination.
Preliminary nomination:	18.7.2022. Send to: p-oeifj@online.no + styrkeloftforbundet@nif.idrett.no
Final nomination:	26.08.2022. Send to: p-oeifj@online.no + styrkeloftforbundet@nif.idrett.no
Accommodation:	<p>https://wwthonhotels.no/event/nordisk-mesterskap-i-styrkeloft/</p> <p>Day by Day prices apply. We recommend to pre-book immediately. You have to contact the hotel and make reservations for your team (click on the link above). Payment will take place on arrival with card only Breakfast Included.</p> <p>Shuttle Bus from airport to hotel. Tickets on the automat at airport. Bus from hotel to venue will be arranged.</p>
Banquet:	Sunday 17th, will be held at the venue. Menu: Beef stue, bread and salat. Non alcohol beverage. 350,- nok.
Technical meeting and Nordic meeting:	15.09.2022 - at 20.00 followed by Nordic meeting - Hotel, room TBD
Opening ceremony and time table: (preliminary schedule)	<p>Opening Ceremony: Saturday 16.09.2023 9:45</p> <p>Classic powerlifting 16.09.2023:</p> <p>Women (sub-junior and junior): Weigh-in: 8.00-9.30. Start 10.00.</p> <p>Men sub-junior and junior: Weigh-in: 12.00-13.30. Start 14.00</p> <p>Classic bench press: Women & men (sub-junior and junior): Weigh-in: 14.00-15.30. Start 16.00.</p> <p>Equipped powerlifting 17.09.2023:</p> <p>Women (sub-junior and junior): Weigh-in: 08.00-09.30. Start 10.00</p> <p>Men (sub-junior and junior): Weigh-in:11.00-12.30. Start 13.00</p>

Bench press equipped (sub-junior and junior):

Weigh-in: 13.00-14.30. Start 15.00

Schedule may be revised after final nomination

Weight classes: Women: 43, 47, 52, 57, 63, 69, 76, 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: 45 Euros per lifter. Participation fee shall be paid to this account with the IBAN account number: NO8812862505849 - BIC CODE: BISAN021XXX

Doping Fee: 50 Euros per lifter. The NPF will send invoice to each country after the competition according to the number of participants.

The organizers bankaccountinformation:
IBAN-Kontonummer: NO8812862505849
BIC KODE BLSAN021XXX

Nomination form – Nordic subjr/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 subj/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 18th 2023

Final nomination **August 26th 2023.**

Send to: p-oeifj@online.no + styrkeloftforbundet@nif.idrett.no