



Invitation to Nordic Championships for Sub-juniors and Juniors

- Approved by:** The Nordic Powerlifting Federation and the Danish PL Federation
- Meet director/Information:** Jørgen Rasmussen, +45 50929424, jmbr@live.dk
- Name of the organizing club:** Horsens Styrkeløft Klub, Jørgen Rasmussen +45 50929424
- Venue:** Horsens Styrkeløft Klub, Kampsportscenteret, Langmarksvej 53 8700 Horsens
- Date of competition:** 13th and 14th and 15th September, 2024
- Airport:** Billund airport Shuttle will be provided 25 Euro each way. Transport must be booked via the transport form, at the latest upon final nomination.
- Transport:** No need for shuttle venue nearby
- Preliminary nomination:** **15.7.2024.** Send to: jmbr@live.dk & staevneudvalg@styrke.dk
- Final nomination:** **23.8.2024.** Send to: jmbr@live.dk & staevneudvalg@styrke.dk
- Accommodation:** <https://www.scandichotels.dk/hoteller/danmark/horsens/scandic-opus-horsens>
Single room DKK 995,- Double room DKK 1120,- Triple room DKK 1370,- including breakfast and parking. Booking must be done latest the 29th of July. After this date the organizer cannot guarantee accommodation at the official Hotel
- Hotel rooms must be booked on the accommodation form directly via the organizer by email jmbr@live.dk **within 29th of July.**
- Banquet:** Sunday 15th of September will be held at Scandic Opus Hotel 20.00 Menu: LARGE BUFFET. 40 Euro
- The Tickets for the banquet must be ordered and paid latest at the final nomination 23.8.2024.
- Technical meeting and Nordic meeting:** 12.09.2024 - at 20.00 followed by Nordic meeting – At the Hotel, room TBD
- Opening ceremony and timetable: (preliminary schedule) Schedule may be revised after final nomination.**
- Opening Ceremony:** Friday 13.09.2024 9:45
- Classic powerlifting 13.09.2023:**
- Women sub-junior & Junior:** Weigh-in: 8.00-9.30. Start 10.00. (11) + (16) 5 hours.
- Men sub-junior:** Weigh-in: 13.30-15.00. Start 15.30 (24) 5 hours.
- Classic powerlifting Saturday 14.09.2024**
- Men junior 53-93:** Weigh-in: 8.00-9.30. Start 10.00. (19) 4 hours.
- Men junior 105-120+:** Weigh-in: 12.00-13.30. Start 14.00 (16) 4 hours.
- Classic bench press: Women & men (sub-junior and junior):**
Weigh-in: 16.30-18.00. Start 18.30. (29) 2 hours
- Equipped powerlifting Sunday 15.09.2023:**
- Women (sub-junior and junior):** Weigh-in: 08.00-09.30. Start 10.00 (8) 2 hours.
- Men (sub-junior and junior):** Weigh-in: 11.00-12.30. Start 13.00 (12) 3 hours.
- Bench press equipped (sub-junior and junior):** Weigh-in 14.00-15.30. Start 16.00 (11) 1 hours.

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

Doping Fee:

50 euros per lifter

Transfer to:

Participation fee and banquet tickets shall be paid to this account
together with the final
nomination: 23-08-2024

IBAN: DK5754790006435952

SWIFT: NYKBDKKK

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 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 7.7.2024

Final nomination 23.8.2024

Send to: jmbr@live.dk & staevneudvalg@styrke.dk