

Plan for Nordic Championships subjunior and junior 22nd February 2014

Subjuniors men and women and juniors women

Weigh-in at 8.00 – Start at 10.00

Group 1: Subjuniors women and subjunior men (6 + 5= 11 lifters)

Group 2: Juniors women (9 lifters)

Jury: Patrik Thur (Swe), Klaus Broström (DK) and Helgi Haukson (Ice)

Referees: Johann Westerberg (Fin), Jan Lyhne (DK) and Pål Nilsen (Nor)

Juniors men

Weigh-in at 12:30 – Start at 14:30

Group 1: 59 kg-93 kg (12 lifters)

Group 2: 105 kg-120+ (10 lifters)

Jury: Klaus Broström (DK), Helgi Haukson (Ice), Johan Westerberg (Fin)

Referees: Johnny Wirklund (Swe), Mark Wolff (DK) and Jan Sjøll (Nor)

DSF/NPF