



Nordic Powerlifting Championships 2024

Duty Referees and Jury Members for:

Friday 13th September 2024

Session 1 Classic Powerlifting B/W Category:

Group 1. Women sub-junior 47-63

Group 2. Women sub-junior 69-84+

Weigh-in time: 08.00-09.30

Start: 10.00

9/11 lifters

End: 13:20

Opening Ceremony 9.45

Referees

Jury

1. Hege Berge, Norway Cat II

1. Johan Westerberg, Finland Cat I

2. Malin Dalshoff, Sweden Cat II

2. Ulf Eriksson, Sweden Cat I

3. Channe Hviid, Denmark Cat II

3. Klaus Brostrøm, Denmark Cat I

TC: Finn Nielsen, Denmark Cat II

Duty Referees and Jury Members for:

Friday 13th September 2024

Session 2 Classic Powerlifting B/W Category:

Group 3. Women Junior 52-69

Group 4. Women Junior 76-84+

Group 5. Men sub-junior 59 – 74kg

Weigh-in time: 12.30-14.00

Start: 14.30

10/12/12 lifters

End: 19:58

Referees

Jury

1. Jan Lyhne, Denmark Cat II

1. Bjarke Kolits, Denmark Cat I

2. Trine Bagger, Denmark Cat II

2. Jarmo Arvaja, Finland Cat I

3. Thorunn Brynja Jonasdottir Cat II

3. Ulf Eriksson, Sweden Cat I

TC: Channe Hviid Cat II



Nordic Powerlifting Championships 2024

Duty Referees and Jury Members for:

Saturday 14th September 2024

Session 3 Classic Powerlifting B/W Category:

Group 6. Men sub-junior 83-93kg

Group 7. Men sub-junior 105-120+

Weigh-in time: 08.00-09.30

Start: 10.00

13/10 lifters

End 13.47

Referees

Jury

1. Jan Lyhne, Denmark Cat II

1. Johan Westerberg, Finland Cat I

2. Hege Berge, Norway Cat II

2. Ulf Eriksson, Sweden Cat I

3. Malin Dalshoff, Sweden Cat II

3. Klaus Brostrøm, Denmark Cat I

TC: Thorunn Brynja Jonasdottir Cat II

Duty Referees and Jury Members for:

Saturday 14th September 2024

Session 4 Classic Powerlifting B/W Category:

Group 8. Men junior 74-83 kg

Group 9. Men junior 93 + 120

Group 10. Men junior 105

Weigh-in time: 12.30-14.00

Start: 14.30

11/12/9 lifters

End 20:48

Referees

Jury

1. Laufey Agnarsdottir Cat II

1. Bjarke Kolits, Denmark Cat I

2. Jarmo Arvaja, Finland Cat I

2. Ulf Eriksson, Sweden Cat I

3. Finn Nielsen, Denmark Cat II

3. Johan Westerberg, Finland Cat I

TC: Trine Bagger, Denmark Cat II



Nordic Powerlifting Championships 2024

Duty Referees and Jury Members for:

Sunday 15th September 2024

Session 5 Classic & Equipped Bench press B/W Category:

Group 11. Women sub-junior & Junior all sub-junior men

Group 12. Men Junior all

Group 13 Equipped all

Weigh-in time: 8.00-9.30

Start: 10.00

12/11/6 lifters

End: 11:21

Referees

Jury

1. Jan Lyhne, Denmark Cat II

1. Johan Westerberg, Finland Cat I

2. Malin Dalshoff, Sweden Cat II

2. Ulf Eriksson, Sweden Cat I

3. Laufey Agnarsdottir Cat II

3. Klaus Brostrøm, Denmark Cat I

TC: Finn Nielsen, Denmark Cat II

Duty Referees and Jury Members for:

Sunday 15th September 2024

Session 6 Equipped Powerlifting B/W Category:

Group 12. Women sub-junior & junior all

Group 13. Men sub-junior & junior all

Weigh-in time: 11.00-12.30

Start: 13.00

7/8 lifters

End: 15:35

Referees

Jury

1. Jarmo Arvaja, Finland Cat I

1. Bjarke Kolits, Denmark Cat I

2. Trine Bagger, Denmark Cat II

2. Johan Westerberg, Finland Cat I

3. Thorunn Brynja Jonasdottir Cat II

3. Ulf Eriksson, Sweden Cat I

TC: Jan Lyhne, Denmark Cat II



Nordic Powerlifting Championships 2024

Denmark:

Finn Nielsen Cat II all

Channe Hviid Cat II only fridag

Trine Bagger Cat II all.

Bjarke Kolits Cat I all

Klaus Brostrøm Cat I all

Jan Lyhne Cat II all

Norway:

Hege Berge Cat II not Equipped Powerlifting

Sweden:

Ulf Eriksson Cat I all

Malin Dalshoff Cat II all

Finland:

Johan Westerberg Cat I all

Jarmo Arvaja Cat I all

Iceland:

Thorunn Brynja Jonasdottir Cat II all

Laufey Agnarsdottir Cat II all