

Invitation to Nordic Championships for Subjuniors and Juniors



Approved by:	The Nordic Powerlifting Federation and the Swedish PL Federation
Meet director/Information:	Patrick Thur, +46730242435 , patrikthur@hotmail.com , nordic22@hotmail.com
Name of the organizing club:	Sydöstra styrkelyftförbundet and Jönköping Styrkelyft klubb
Venue:	Idrottshuset Jönköping, Lagermansgatan
Date of competition	17th and 18th September, 2022
Airport:	Gothenburg (GOT), Jonkoping (JKG)
Transport:	Flixbus 1.40 min/ every 2 h / 100kr (From GOT)
Preliminary nomination:	19.7.2022. Send to: patrikthur@hotmail.com + nordic22@hotmail.com
Final nomination:	27.08.2022. Send to: patrikthur@hotmail.com + nordic22@hotmail.com
Accommodation:	Comfort Hotell Jönköping (7 min walking distance to venue) Telephone: +46 36 10 08 00, E-mail: co.jonkoping@choice.se Klostergatan 28, 55317 Jönköping , Sverige Reservation code : powerlift2022 Day by Day prices apply. We recomend to pre-book immediately You have to contact the hotel and make reservations for your team Payment will take place on arrival with card only
Restaurant:	Breakfast Included
Banquet:	Sunday 18th
Technical meeting and Congress:	16.09.2022 - at 20.00 followed by Congress - Venue
Opening ceremony and time table: (preliminary schedule)	Opening Ceremony: Saturday 17.09.2022 9:45 Classic powerlifting 17.09.2022: Women (sub-junior and junior): Weigh-in: 8.00-9.30. Start 10.00. Men sub-junior and junior: Weigh-in: 12.00-13.30. Start 14.00 Classic bench press: Women & men (sub-junior and junior): Weigh-in: 14.00-15.30. Start 16.00. Powerlifting 18.09.2022: Women (sub-junior and junior): Weigh-in: 08.00-09.30. Start 10.00 Men (sub-junior and junior): Weigh-in:11.00-12.30. Start 13.00 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

Doping Fee: 50 euros per lifter

Transfer to: Participation fee shall be paid to this account together with the final nomination: :

SYDÖSTRA STYRKELYFTFÖRBUNDET

BIC/IBAN: HANDSESS / SE28 6000 0000 0003 5215 6112

Nomination form – Nordic subj/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 July 19th 2022

Final nomination August 27th 2022.

Send to: patrikthur@hotmail.com