



## To The Weightlifting Federations / EWF

Dear Friends!

The Swedish Weightlifting Federation and the Organizing Committee are very proud and honoured to host the European Weightlifting Championships for juniors 2009 (men and women).

The Championships will be held in Landskrona, a small, friendly and very much sport interested town. The dates are July 25<sup>th</sup> – 2<sup>nd</sup> August.

Sweden has 12 times before been the organizer of major international weightlifting events:

- World Championships: 1953, 1958, 1963 in Stockholm and 1985 in Sodertalje.
- European Championships juniors: 2001 in Kalmar.
- Baltic Cup: 1967, 1974, 1980, 1987.
- World Cup final: 1983 in Halmstad
- European Promotion Cup: 2000 in Kalmar
- European Championships youth: Landskrona 2006

The competition will take place in “Landskrona Idrottshall”, equipped with all necessary facilities and equipment to ensure a smooth running of the event and to meet the various needs from athletes, coaches, journalists and public in general.

We sincerely hope that a successful organisation and the participation of Your best athletes will enable us to present this fine sport in an effective and nice way.

Looking forward to meet You!

With best wishes

Benny Johansson  
President Swedish Weightlifting  
Federation

Hakan Johanson  
General secr. SWF



## 1. DATES

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25 July – 2 August 2009.

## 2. COMPETITION AND TRAINING VENUE

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The Junior Weightlifting Championships will take place at “Landskrona Idrottshall”. It is located 3 respective 9 km from the hotels, and the competition hall has a capacity of 600 spectators.

Training facilities will also be allocated in the “Landskrona Idrottshall”.

The address of the sport complex is: Idrottsvagen, Landskrona, Sweden.

## 3. CATEGORIES

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**Age Category:** Up to and including twenty (20) years of age men and women.

**Women, 7 categories:** -48 kg, 53 kg, 58 kg, 63 kg, 69 kg, 75 kg, +75 kg

**Men, 8 categories:** -56 kg, 62 kg, 69 kg, 77 kg, 85 kg, 94 kg, 105 kg, +105 kg

## 4. TIME SCHEDULE

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### July 25 Saturday

Arrival of the delegations

### July 26 Sunday

10:00 – 12:30	EWF Medical Committee meeting EWF Technical Committee meeting
15:00	EWF Executive Board meeting
19:00 – 20:00	Verification final entries

### July 27 Monday

09:00 – 10:00	Verification of delegates credentials
10:00	General congress
14:00	Technical officials meeting. Visit the competition venue.
Evening	Reception (team leaders and others)



## July 28 Tuesday

Time	Category	Group	Sex
10:00	56-62 kg	B	M
12:00	48 kg	A	W
14:00	<i>Opening Ceremony</i>		
15:00	56 kg	A	M
18:00	62 kg	A	M

## July 29 Wednesday

10:00	69 kg	B	M
12:00	77 kg	B	M
14:30	53 kg	A	W
16:30	69 kg	A	M
18:30	77 kg	A	M

## July 30 Thursday

10:00	85 kg	B	M
12:00	58 kg	A	W
15:00	63 kg	A	W
18:00	85 kg	A	M

## July 31 Friday

10:00	94 kg	B	M
12:00	69 kg	A	W
15:00	75 kg	A	W
18:00	94 kg	A	M

## August 01 Saturday

11:00	+75 kg	A	W
13:00	105 kg	A	M
15:00	+105 kg	A	M
19:30	<i>Closing Banquet</i>		

## August 02 Sunday

Departure of delegations

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Depending on the number of athletes there can be some changes in this time schedule.



## **5. PARTICIPANTS**

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Only competitors from National Weightlifting Federations/Associations which are affiliated to the European Weightlifting Federation/EWF are entitled to participate.

Each participating team may enter a maximum of seven (7) female lifters. In addition, each team may enter two (2) reserves spread over the different categories with a maximum of two (2) women lifters per category.

Each participating team may enter a maximum of eight (8) male lifters. In addition, each team may enter two (2) reserves spread over the different categories with a maximum of two (2) men lifters per category.

## **6. EQUIPMENT**

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Eleiko (approved by IWF) equipment (men and women) will be used for the competitions.

## **7. DOPING CONTROL**

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Doping control tests will be carried out according to the IWF Constitution by Laws.

## **8. ENTRIES**

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Preliminary Entry (number, name and weight categories) must be received by the Swedish Weightlifting Federation not later than  
**May 26<sup>th</sup> 2009** (copy to EWF).

Final Entry (name and weight categories) must be received not later than  
**June 26<sup>th</sup> 2007** (copy to EWF).

Please make sure that the number of participants is correct due to the hotel reservations!

## **9. COMPETITION RULES AND REGULATIONS**

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The Championships will be held according to the current IWF and EWF Technical Rules.

## **10. ACCOMMODATION**

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The participants will be accommodated in single or double rooms at “Hotel Orenas Castle” and “Hotel Oresund”. “Hotel Orenas Castle” is located 9 kilometres; “Hotel Oresund” is located 3 kilometres from the venue.



Observe: No other way of lodging and meals will be allowed for the participating delegations (athletes and officials).

## **11. ACCREDITATION**

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Accreditation will take place at “Hotel Oresund”.

## **12. TRANSPORTS**

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The Organizing Committee will provide transportation on following routes:  
Hotel – venue – hotel.

Copenhagen Airport (Kastrup) – Landskrona – Copenhagen Airport: 25 EUR per person.

You can also easily go by train directly from Copenhagen Airport to Landskrona.

## **13. FINANCIAL CONDITIONS**

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The accommodation fee per person full board is:

- Double room 85 EUR / person / day
- Single room 100 EUR / person / day

An entry fee of 120 EUR / person has to be paid by each participant in accordance with EWF by-law 19.26

**All fees must be paid in EURO at the accreditation procedure.**

## **14. AWARDS**

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The first, second and third lifters in Snatch, Clean & Jerk and Total in each weight category will be awarded gold, silver and bronze medals.

The best individual athlete (Men and women) according to the Sinclair Formula 2009 – 2012 will be awarded a trophy.

The first three nations (Men and women) will receive team awards.

All participants will receive remembrance plaques.

## **15. VISAS**

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Some countries might need visas in order to enter Sweden. Each Federation/Association must contact the Swedish embassy in their own country to verify if a visa is needed.



Should you have any problems, please contact our Organizing Committee (Swedish Weightlifting Federation).

## **16. FLAGS AND ANTHEMS**

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Each delegation is requested to bring 2 National flags (100 x 150 cm) and a cassette tape of their National anthem.

The organizing committee will collect them upon each delegation's arrival and return them as soon as the Championships are finished.

## **17. INSURANCE**

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All National Federations have to provide travel and accident insurance of all their participants before leaving their country in accordance with the Regulations of the EWF.

## **18. CORRESPONDENCE ADDRESS**

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