



**National Weightlifting
Federations/Associations affiliated
in European Weightlifting Federation**

Dear Friends,

On behalf of the Polish Weightlifting Federation, I have pleasure to invite all National Weightlifting Federations affiliated to the EWF to participate in the 1st Men's and Women's European Under 23 Weightlifting Championships to be held between 11th-18th October 2009 in Władysławowo (POLAND).

We are pleased that the Championships will be connected with the celebration of the 40th Anniversary of the foundation of the European Weightlifting Federation.

The competitions will be held in the Olympic Sports Centre "Cetniewo" in Władysławowo (ca. 60 km from Gdańsk), that hosted the European Weightlifting Championships 2006. It is situated in the natural park-forest complex on the coast of the Baltic Sea.

The participants will be accommodated in this Centre and we hope that will enjoy a pleasant stay in this famous sport and recreation centre and a charming sea resort thanks to its unique climate and location.

See you in Władysławowo,

Sincerely yours,

President
Polish Weightlifting Federation

Zygmunt Wasiela

Warsaw, 13th July 2009