



Tournament Olympic Hopes of 18 years old in weightlifting of countries "Visegrad 4"



Zamość - Poland
15-17.07.2016



INVITATION

Tournament olympic hopes of 18 years old in weightlifting of countries "Visegrad 4"

Organizer:

Polish Weightlifting Federation and Sporting Club „Agros“ in Zamosc

Date and Competition place:

Szczebrzeska 102 street

The tournament will be held on 15-17 July ,2016

Accreditation:

Renesans Hotel – Zamosc, Grecka 6 street.

Accommodation:

Renesans Hotel – Zamosc, Grecka 6 street.

Accommodation is possible since 15th July from 17.00 to 17th July 10.00. Eating will start 15th July with dinner and will end 17th July with breakfast.

Payment Regulations: 40 € person / night

This payment may be made by bank transfer directly to the Polish Weightlifting Federation.

The account details are as follows:

IBAN: PL77 1020 1156 0000 7502 0057 7478

SWIFT: BPKOPLPW

Bank name: PKO BP SA XV O/Centrum W-wa

Participants:

Poland, Slovakia, Czech Republic and Hungary - up to 18 years old (max. 8 juniors male, 7 juniors female) + coaches and referees

Assessment:

Teams – according to sum total Sinc. Points of the best 6 boys and 4 girls

Individual – according to Sinc. Points

Awards:

Each participant will receive diploma. The 1st - 4th team and the best boy and girl competitor according to the Sinclair-points will be given cups.

Insurance:

All National Weightlifting Federations are responsible for the insurance of their members of team.

Doping control:

Doping control, according to the IWF rules might be carried out.

Programme:

15th July 2016

up to 19.00 – arrival of teams, accomodation,

19.00 - dinner

20.00 – technical conference

16th July 2016

7.00 - 9.00 – breakfast

8.00 - 8.30 – weigh in girls

8.30 – 9.00 - weigh in boys

11.00 – 12.30 - competition for girls (group 1)

12.30 – 14.00 - competition for girls (group 2)

14.00 – 16.00 – competition for boys (group 1)

16.00 - 18.00 – competition for boys (group 2)

20.00 – victory ceremony, closing banquet

17th July 2016

7.00 - 9.00 – breakfast

11.00 – departure

Preliminary Entry:

We would like kindly request you to confirm your intention to participate in the tournament by filling preliminary entry form and by returning it by **21st May 2016**.

Final Entry:

15th June 2016 send your list of participants to this adress: biuro@pzpc.pl

Informations:

Polish Weightlifting Federation

Marymoncka 34 street

01-813 Warsaw

e-mail: biuro@pzpc.pl or rafal.grazawski@pzpc.pl

phone: +48 22 834 11 42

We look forward to meeting you soon in Poland.

Best regards,

Szymon Kolecki

President of

Polish Weightlifting Federation