

# XXI International Tournament Young Talents – Baltic Cup

## Regulations

### 1. PURPOSE OF THE COMPETITION

- popularisation of weightlifting among young people
- selection the best lifters
- preparing young people for sport competitions

### 2. DATE AND PLACE

The competition will be held on 30.05.2026 (Saturday) in the sports hall Atleta, 80-395 Gdańsk, Opolska 6.

### 3. ORGANIZER

The organizer of the competition is **MKS Atleta** Gdańsk in cooperation with the **Polish Weightlifting Federation**

### 4. PARTICIPANTS

The right to start in the competition is given to national or club teams located around Baltic Sea or invited by the organizer.

Age categories:

- U15
- U17
- U20

Organizer secures accommodation and board in period 28.05-31.06 or 29.05-1.06 for 6 lifters, 2 coaches and 1 ITO.

Registration from 1.02.26 till 15.03.26 by e-mail [biuro@atletagdansk.pl](mailto:biuro@atletagdansk.pl)

### 5. CLASSIFICATION AND AWARDS

For the top 3 girls and boys in each age category there are destined cups.

In the team classification there will be cups for three best teams.

The team can have a maximum of 6 athletes, four best will score, girls points will be multiplied by 1,4.

All athletes will receive occasional medals.

### 6. COMPETITION PROGRAM

10.00 - technical conference

10.30 – weigh-in

12.00 - competition

17.00 – victory ceremony

### 7. ORGANIZATIONAL MATTERS

Competitors will be ranked according to Sinclair's score.

The right to interpret these regulations is held by Main Referee or Organizer.

Medical and judicial services shall be provided by the Organizer.

Contact:

- Lech Labudda +48 501 090 200.

Organizer

**PRELIMINARY ENTRY FORM**

**Country:**

No.	Athlete's name		Date of birth			Bodyweight Category	Entry Total
	Given	Family	DD	MM	YYYY		
1							
2							
3							
4							
5							
6							

  

No.	Official's name		Date of birth			Function
	Given	Family	DD	MM	YYYY	
1						
2						
3						

**Name:**

**Date:**

**Signature:**