



AUSSCHREIBUNG

OPEN COMPETITION WEIGHTLIFTING

FOR ALL CLUBS

„LÖWE DES NORDENS 2023“

22.07.2023 & 23.07.2023

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- Organizer:** Gewichtheber- und Kraftsportverband Mecklenburg-Vorpommern (GKMV)
- Host:** Herrnburger Athletenverein 77 e.V.
- Competition-Site:** Hans-Wende-Halle, Hauptstrasse 21, 23923 Wahrsow (An der dortigen Schule)
- Competition:** Olympic duel (snatch + clean&jerk) following the rules of the BVDG/German Weightlifting Federation





Eligibility: Open competition (no membership within a professional and/or german association necessary!)

Age Groups (M/F):

Children (2012-2014) / Pupils (2009-2011) / Youth (2006-2008)
Juniors (2003-2005) / Active (1994 - 2002) / Masters 1 (1984 - 1993)
Masters 2 (1974 - 1983) / Masters 3 (1900 - 1973)

Weight Classes:

Children to Youth

M: 40/45/49/55/61/67/73/81/89/96/102/+102

F: 35/40/45/49/55/59/64/71/76/81/+81

Juniors to Masters:

M: 55/61/67/73/81/89/96/102/109/+109

F: 45/49/55/59/64/71/76/81/87/+87

Individual Scoring: achieved total within the age and weight class

Team Scoring: A team consists of at least 2 persons and max. 4 persons. The persons of a team are to be named in the registration and afterwards on the day of the competition for the weighing (team name + names of the team members). For the team ranking the results will be added according to the Sinclair ranking. Several teams can be entered per club/box/club.

Competition Clothing: A singlet/jersey must be worn. - Leggings and/or shirt may be worn underneath. Equipment according to the regulations of the BVDG/German Weightlifting Federation.

**Entries:**

The clubs/boxes/club(s) will register their starters & starters as well as their teams by mail to the following two email addresses:

chditz@gkmv.de

nico.geske@googlemail.com

The entry must include the following:

-First Name + Last Name

-Association/Box/Club

-Year of birth

-weight class

-PR's Snatch/C&J

-In case of participation in the team classification: name and line-up of the team

Entry deadline: 03.07.2023

max. 100 male & female starters!

(The time of the registration is valid)

Entry fee:

Children & Youth: 20€ | Juniors/Actives/Masters: 40€ to be paid until 5 days after registration - payment information by mail after registration.

Team entry fee (additional): 40€/team

Schedule:

Exact schedule will be announced after receipt of all entries.

Saturday 22.07.: Children to Youth(M/W) & Juniors to Masters (M)

Sunday 23.07.: Juniors to Masters (W)

Awards:

All starters will receive medals and goodie bags. The best male and female lifters will receive a trophie. All teams will receive participation awards. Team 1 to 3 will receive trophies.



- Comp. Manager:** President of GKMV, Herr Christian Ditz
- Judging Panel:** The judging panel will be provided by the GKMV. Responsible for this is the referee chairman of the GKMV, Mr. Dietmar Hyzyk.
- Anti-Doping:** Athletes without German association affiliation agree with their participation in the competition automatically to the valid German anti-doping rules & regulations of the NADA.
- Sonstiges:** Catering available all day at/in the competition site
- Contact:** Christian Ditz: **+4915257686768**
Nico Geske: **+4915901064697**

Subject to change without notice. No liability for sports accidents and thefts. The award ceremony will take place in Sortsweat!

gez. Nico Geske
Herrnburger Athletenverein 77 e.V.

Christian Ditz
Präsident GKMV

