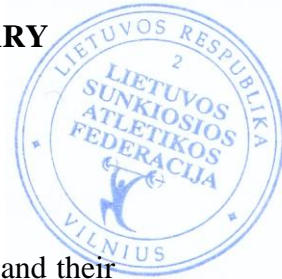




**OPEN INTERNATIONAL TOURNAMENT
THE BALTIC COUNTRIES
LITHUANIAN WEIGHTLIFTING IS CELEBRATES 100TH ANNIVERSARY
REGULATIONS
2023 10 13-15**



I. OBJECTIVES AND GOALS

- To celebrate 100th anniversary of Lithuanian weightlifting,
- To sustain and improve close relationships with a foreign country sportsmen and their coaches,
- make weightlifting more popular in Lithuania and outside of it,
- trade knowledge with other highly skillful athletes, coaches, referees.

II. COMPETITION VENUE AND SCHEDULE

13.10.2023 (Friday) – Arrival of teams

14.10.2023 (Saturday)– Competition day

15.10.2023 (Sunday) – Departure of teams

The competition will take place in Klaipėda's Athletic arena (Taikos pr. 54, Klaipėda)

III. TEAMS

- National Federations teams from Europe and Asia continent will participate.
- Team consists of 6 person: team leader, coach, 2 men athlete and 2 woman athlete.

IV. COMPETITION RULES

The Tournament will be held according to the current IWF Technical and Competition Rules & Regulations (IWF TCRR). ELEIKO will be used in competitions.

V. EVENT CATEGORIES AND AWARDS

Women olympic categories: 49 kg, 59 kg, 71 kg, 81 kg, +81 kg
Men olympic categories : 61 kg, 73 kg, 89 kg, 102 kg, +102 kg
Gold, Silver, and Bronze medals will be the Total in each bodyweight category.
Trophies will be awarded to the best male and female athletes.

VI. DOPING CONTROL

Doping Control will be carried out by the Sample Collection Authority appointed by NTA on behalf of IWF in accordance with the IWF Anti-Doping Rules.

VII. ACCOMMODATION AND TRANSPORTATION

- Organizers will provide accommodation and food.
- Organizers will provide Transportation from the airport
- Travel expenses are covered by each team individually.

Entry applications need to be sent by email: satletika@lsaf.lt before 14st of September

For more information: Modestas Simkus +370 61632721 e-mail: satletika@lsaf.lt