



Klaipėdos m. sunkiosios atletikos
S P O R T O K L U B A S

Certify:
Club president
Vincas Šlevinskis



**INTERNATIONAL WEIGHTLIFTING TOURNAMENT
GRAND PRIX KLAIPĖDA 2023
REGULATIONS
2023**

I. OBJECTIVES AND GOALS

- 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

01.12.2023 (Friday) – Arrival of teams

02.12.2023 (Saturday)– Competition day

03.12.2023 (Sunday) – Departure of teams

The competition will take place in Klaipėda's Central stadium sports hall (Sportininkų g. 46, Klaipėda)

III. TEAMS

- Athletes from Latvia, Poland, Estonia and Lithuania will participate.
- Team consists of 6 person: (2003 and younger);

IV. AWARD CEREMONY

- MEN individual by category - 30kg, 35kg, 40kg, 45kg, 50kg, 55kg, 61kg, 67kg, 73kg, 81kg, 89kg, 96kg, 102kg, +102.

- WOMEN will be awarded individual by Sinclair points - TOP 10.

V. ACCOMMODATION

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

Entry applications need to be sent by email: satletika@lsaf.lt before 24st of November

For more information:

Vincas Šlevinskis +370 68536020

Modestas Šimkus +37061632721

Fax: +370 46 410903, e-mail: satletika@lsaf.lt