***International weightlifting competition of the Ludza City Festival.***

Ludza 9.08 – 11.08

**Competition Regulations**

1. **Competition Venue and Time:**

 The weightlifting competition will take place on August 9, 2024, starting at 5:00 PM (weigh-in for participants from 3:00 PM to 4:00 PM) and on August 10, starting at 9:00 AM (weigh-in for participants from 7:00 AM to 8:00 AM).

The competition will take place in Ludza, at 21 Sporta Street, in the athletics hall of the Ludza District Sports School.

Team arrival day - August 9.

1. **Competition Participants:**

The competition will take place without age restrictions.

Winners in each weight category will be determined by the total sum of the two lifts.

Weight categories for men: (30kg; 35kg; 40kg; 45kg; 49kg; 55kg; 61kg; 67kg; 73kg; 81kg; 89kg; 96kg; +96kg)

For women, the competition is based on the Sinclair points table in three age groups: U15, U17, adults.

1. **Awards**

The first three place winners in each category will be awarded medals and certificates.

The top three teams will be awarded trophies, evaluated based on the highest-scoring athlete from each team in the following age groups: (born in 2016-2015; born in 2014-2013; born in 2012-2011; born in 2010-2009; born in 2008-2007; born in 2006-2004; women).

Individual awards with trophies will be given to the strongest athletes according to the Sinclair table in the following age groups: U10, U12, U15, U17, U20, women, men.

1. **Applications**

Previous applications for participation in the competition, specifying the number of participants in each weight category, must be submitted by email to varpaludza@inbox.lv and by phone at 27894783 by August 1, 2024. The official application must be submitted on the day of team arrival.

Team composition: 7 athletes + coach