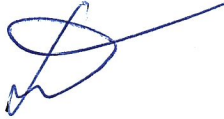


Certify:  
Sports club  
"Dobeles atlēts"  
Chairman of the Board  
Eduards Andruškēvičs  
21.11.2025.



**INTERNATIONAL WEIGHTLIFTING TOURNAMENT  
"VECGADA KAUSS 2025"  
REGULATIONS**

**I. OBJECTIVES AND GOALS**

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

**II. COMPETITION VENUE AND SCHEDULE**

19.12.2025 (Friday) – Arrival of teams, Competition start 16:00. Weight- in 14:00-15:00

*Category - 40 kg, 45 kg, 52kg.*

20.12.2025 (Saturday)– Competition start 10:00 . Wight-in 08:00-09:00

*- Category - 60kg, 65kg, 71kg, 79kg, 88kg, 94 kg, +94kg and women.*

21.12.2025 (Sunday) – Departure of teams

The competition will take place in Dobeles sports hall (Tērvetes street 10, Dobeles).

**III. TEAMS**

- Athletes from Latvia, Estonia and Lithuania will participate.
- Team consists of 6 person: (U-15 and U-17 groups).

**IV. AWARDS**

- MEN individual by category - 40kg, 45kg, 52kg, 60kg, 65kg, 71kg, 79kg, 88kg, 94 kg, +94kg.

- WOMEN individual by Sinclair.

**V. ACCOMMODATION**

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

**Entry applications (full name, DATE of birth, category) needs to be sent by email: info\_lsf@inbox.lv before 10 of december, final entry till 15 december.**

For more information:  
Eduards Andruškēvičs +371 29255146