


APPROVED 
Ventspils weightlifting club
Chairman of the Board
Eduards Andruškēvičs
Ventspils, 19 th May, 2026

REGULATIONS

Competition in weightlifting "Ventspils 2026"

GOALS AND OBJECTIVES

To popularize weightlifting in Latvia. To promote and stimulate the growth of athletic young athletes raising weightlifting sport.

TIME AND PLACE

The tournament will take place on July 17-18, 2026 Sporta nams "Centrs" (Brīvības Street 14, Ventspils).

17.07.2026. - arrivals

18.07.2026. - Start 10:00, weighing in 08:00

EVENT ORGANIZERS

Tournament is organized by Weightlifting federation of Latvia and Ventspils weightlifting club and Ventspils Sporta pārvalde"

The chief judge – Eduards Andruškēvičs.

Chief Secretary – Jānis Eisaks.

COMPETITION PROCEDURE

Weight category - 45 kg, 52 kg, 60 kg, 65 kg, 71 kg, 79 kg, 88 kg, 94 kg, +94 kg. Girls – 63 kg, + 63 kg.

Team - 2 male athletes, 2 women athletes, 2 official.

CONTESTANTS

In the tournament part will take athletes from Estonia, Lithuania and Latvia. Team consists of two male athletes (U-15 and Adult) and two women athletes (U-15 and Adult).

REWARDING

The top three places in each in each age group will be awarded with medals and diplomas. In each age group (U15, Adults) the best weightlifter will be reward with a cup and other prizes.

In the team ranking, 1st-3rd place will be awarded with a cup.

ACCOMMODATION

Food and accommodation in the place are provided for free.

Traveling expenses are covered by each team individually.

APPLICATIONS

PRELIMINARY ENTRY FORM for participation in the competition shall be submitted to the WFL till June 26, 2026 and FINAL ENTRY FORM until July 14, 2026 by e-mail: info_lsf@inbox.lv

!!! Responsible for the state of health of the contestants themselves or the organization concerned doctor.