

kisakallio

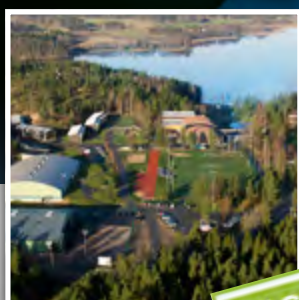
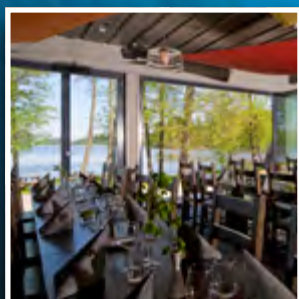
Sopivalla sykkeellä.

**Finnish Weightlifting Federations
80th year anniversary competition**

| Denmark | Estonia | Finland | Germany | Latvia | Lithuania | Norway | Poland | Russia | Sweden |

Baltic Cup Championships

25.-27.7.2014 • Lohja • Finland



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BALTIC CUP CHAMPIONSHIPS

LOHJA, FINLAND July 25th – 27th, 2014

Dear Friends, Dear Weightlifting Family,

On behalf of the Finnish Weightlifting Federation and the Organizing Committee of the Baltic Cup Championships, I am pleased to invite all National Federations affiliated to the Baltic region to take part in Baltic Cup Championships with their men and women athletes, coaches and officials according to the current BCC rules.

Year 2014 is the 80th anniversary year of the Finnish Weightlifting Federation. Baltic Cup Championships will be held as the main event of 2014 to honor the sport of weightlifting. Finland has a long and prosperous history in weightlifting, we are honored to celebrate our national legacy with our weightlifting family by competing this year in Finland in this historical event.

Championships will be held in the city of Lohja at Kisakallio Sports Institute located only 45 minutes from Helsinki Airport. Kisakallio is famous for its excellent facilities for professional and amateur sports, internationally unique wildwood Karnaistenkorpi and flexible service to meet the customers' needs. Championships will be held in cooperation with Kisakallio Sports Institute, city of Lohja and Club Lohja Lifting ry.

Dear weightlifting family, my friends,

Our team and I will do our best to provide you the most pleasant participation in this great event. Welcome to Kisakallio to have a great time, encourage athletes to record breaking performances and being a part of this unbelievable weightlifting family of ours.

See you all in Kisakallio!

Sincerely yours,

Kimmo Kuukasjärvi
President of Finnish Weightlifting Federation



BALTIC CUP CHAMPIONSHIPS 2014

Finnish Weightlifting Federation
80th Year Anniversary Competition

REGULATIONS

Lohja (FIN) 25 – 27 July, 2014

1. DATE

Baltic Cup Championships will be held in Lohja between 25th – 27th July, 2014.

2. COMPETITION REGULATIONS

Baltic Cup Championships will be organized according to the IWF/EWF Rules

3. TEAMS

Each team consists of:

- 1 girl U17 (born 1997 or later)
- 1 junior woman U20 (born 1994 or later)
- 1 woman
- 1 boy U17 (born 1997 or later)
- 1 junior man U20 (born 1994 or later)
- 1 man

4. SCOREKEEPING

Scorekeeping will be held in 6 groups (according to Sinclair's points)

- I group – Girls U17
- II group – Junior Women U20
- III group – Boys U17
- IV group – Junior Men U20
- V group – Women
- VI group – Men

In each group the first place will give 28 points, second place will give 25 points, third place 23 points, fourth place 22 points etc. (IWF Technical Rules 6.8.3)

In conclusion the points of the six groups are added.

5. PROVISIONAL COMPETITION SCHEDULE AND PROGRAM

The time schedule for the weekend is following:

Fri July 25th Arrival of Delegations
20:00 Verification of the entries

Sat July 26th 09:30 Opening Ceremony
10:00 I group Girl & group II Junior Women U20
(weigh-in 8:00)

12:00 III group Boys U17 & group IV Junior Men U20
(weigh-in 10:00)
14:00 V group Woman (weigh-in 12:00)
15:00 VI group Men (weigh-in 13:00)
16:00 Closing Ceremony and Awards

19:00 Anniversary Gala (Banquet)

Sun July 27th Departure of Delegations

NOTE: Time schedule may be changed after the verification of final entries



6. COMPETITION AND TRAINING VENUE

Competition and training will be held in Kisakallio Sports Institute, Kisakalliontie 284, Lohja, Finland.

www.kisakallio.fi/etusivu/english.html

7. ELIGIBILITY TO PARTICIPATE

National Federations of Denmark, Estonia, Finland, Germany, Latvia, Lithuania, Norway, Poland, Russia and Sweden are eligible to participate in the Baltic Cup Championships.

8. ENTRIES

Preliminary Entry Forms:

Must be received by the Finnish Weightlifting Federation before 25th May 2014

Final Entry Forms:

Must be received by the Finnish Weightlifting Federation before 25th June 2014

9. ACCOMMODATION

All delegation members participating on the event will be accommodated at Kisakallio Sports Institute, Kisakalliontie 284, Lohja, Finland.

www.kisakallio.fi/etusivu/english.html

10. ACCREDITATION

The accreditation procedures will be done at Kisakallio Sports Institute, Friday July 25th 2014.

11. FINANCIAL CONDITIONS

The participants will have to pay a sum of €80,00 per person/day in a double room and €110,00 per person/day in a single room.

These rates include accommodation and full board.

The participants will have to pay a sum of €60,00 per person/banquet.

No entry fee.

Also transportation from Helsinki Airport (HEL) to Lohja and back is available - €20,00 per person.

12. EQUIPMENT

ELEIKO barbells will be used.

13. DOPING CONTROL

The doping controls will be carried out according to the IWF Anti-Doping Policy.

14. FLAGS and ANTHEMS

Each participating delegation is kindly requested to bring 2 National Flags (100x150 cm) and tape or CD with its National Anthem.

The Organizing committee will collect them upon arrival from each delegation.

15. ENTRY VISAS TO FINLAND

All participants should contact the respective Finnish Embassy in their country and find out if visa is required.

In case of any problems, please contact the Finnish Weightlifting Federation.

16. INSURANCE

According to the IWF/EWF rules the National Federation must undertake full moral and financial responsibility for their delegates regarding their health and in case of accidents and damages.

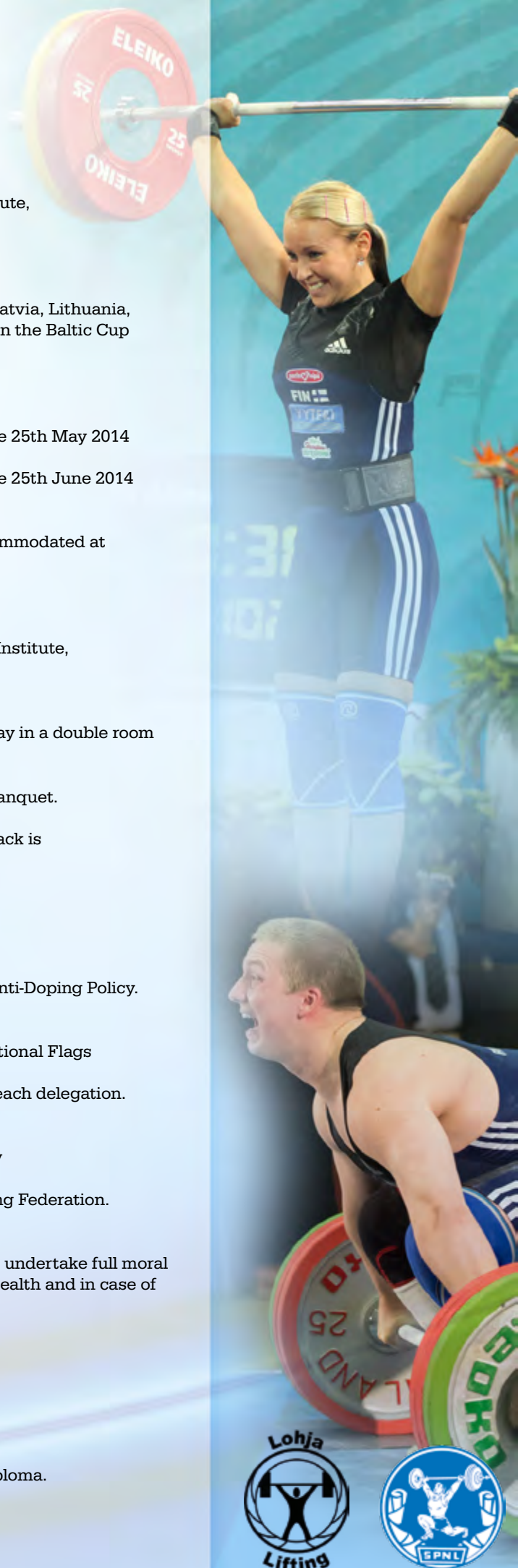
17. PRIZES

Gold, silver and bronze medals will be awarded for the first, second and the third places, respectively in each group.

The three best teams will receive cups.

The lifter in each group, who gives the best performance (according to Sinclair's points), will receive a trophy.

Each participant will receive the Baltic Cup Championships Diploma.





FURTHER INFORMATION

**Please contact:
Finnish Weightlifting Federation**

Mobile phone: +358 45 852 3261 – Mr. Tomi Tolsa, General Secretary
e-mail: spnl@sci.fi

Kisakallio Sports Institute

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Kisakallio Sports Institute

Guide map

