

# 16<sup>th</sup> International Women's Weightlifting Grand Prix



**March, 7<sup>th</sup> - 10<sup>th</sup>, 2019**  
**Ljubijana – Slovenia**

**All in One: Hotel & Competitionhall**

**Preliminary Entry: 10<sup>th</sup> January 2019**

**Final Entry: 5<sup>th</sup> February 2019**

**Organizer:**

**Slovenia Weightlifting Federation**

Info: Konrad Högg: [women.weightlifting.grandprix@gmail.com](mailto:women.weightlifting.grandprix@gmail.com)

Mobil: 0043 – 660 – 36 35 156

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# 16<sup>th</sup> International Women's Weightlifting Grand Prix

Konrad Högg – Head of Organizing Committee,  
Lanserhofstraße 32, Top 4

A-5020 Salzburg, Phone: 0043-660-3635156,

E-mail: [women.weightlifting.grandprix@gmail.com](mailto:women.weightlifting.grandprix@gmail.com)

Invitation to the 16<sup>th</sup> International Women's Grand Prix, 12<sup>th</sup> International Girls' Grand Prix, 10<sup>th</sup> International Kids' Grand Prix, 8<sup>th</sup> International Masters' Grand Prix and 4<sup>th</sup> International Open Class – unsanctioned – Weightlifting Grand Prix from March 7<sup>th</sup> – 10<sup>th</sup>, 2019 at “Austria Trend Hotel” in Ljubijana –Slovenia.

## Important information:

1.) Room reservations for Hotel Austria Trend Hotel can be made not later than January 10<sup>th</sup> March 2019. They have to be finalized not later than February 5<sup>th</sup> 2019 using the Final Entry Form. For information on how to pay for accommodation see section “Accommodation” below.

2.) The technical meeting will be held on Thursday, March, 7<sup>th</sup> 2019, around 7 pm; the meeting venue will be published in time. – The competition will be held at Austria Trend Hotel in Ljubijana – Slovenia on March 8<sup>th</sup> & 9<sup>th</sup>, 2019.

3.) Registration is done by the Preliminary Entry Form. It has to be sent by mail or e-mail not later than January 10<sup>th</sup>, 2019. Change in Team Line-ups can be made not later than February 7<sup>th</sup>, 2019. The Final entry Form has to be sent by mail or E-Mail not later than February 5<sup>th</sup>, 2019. Entries made after that will be charged the double fee.

4.) After the competition on Saturday, March, 9<sup>th</sup>, 2019, the Grand Prix Party with Dinner will take place around 9.00 pm. The party venue is in the Austria Trend Hotel. The victory ceremonies for the winning teams, the three best overall Sinclair lifters, the best U-20, U-17, U-15, Masters and Open Class athletes will be held at the party.

Yours sincerely,

Konrad Högg – Head of the Organizing Committee  
Damjan Canzek – President of the Slovenia Weightlifting Federation

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Phone: 0043-660-36 35 156,  
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Salzburg – Ljubijana, October 2018

## Invitation: International Women's - Kids, Girls, Seniors, Masters and Open Class unsanctioned - Weightlifting Grand Prix - 2019

- Organizer: Slovenia Weightlifting Federation  
Konrad Högg - Head of the Organizing Committee  
Damjan Canzek – President of the Slovenia Federation
- Date: 7<sup>th</sup> to 10<sup>th</sup> March 2019
- Venue: Austria Trend Hotel, Dunajska Cesta 154, 1000 Ljubijana – Slovenia.
- Competitionhotel: Austria Trend Hotel, Dunajska Cesta 154, 1000 Ljubijana – Slovenia.
- Weigh-in and start times: The final schedule will be published when final entry is complete.
- Admission: All athletes with a valid licence entered by clubs/federations using the enclosed form
- Competition specifications: Women's Grand Prix:  
Athletes born 2003 or earlier (15 years and older)!
- Scoring by Olympic total in ten weight categories:  
**45 kg, 49 kg, 55 kg, 59 kg, 64 kg, 71 kg, 76 kg, 81 kg, 87 kg & +87 kg**
- Girls' Grand Prix: (13 – 14 years)  
Athletes born 2005 - 2006  
Scoring by Sinclair points
- Kids' Grand Prix: (8 – 12 years)  
Athletes born 2007 – 2011  
Scoring by Sinclair points.
- Masters' Grand Prix:  
35 – 39 years, 40 – 44 years, 45 – 49 years, 50 – 54 years and + 55 years, scoring by Masters points

### Open Class - unsanctioned:

The Open Class is open to athletes who do not hold a membership with their governing national weightlifting body, i.e. USAW, BVDG and the like. Athletes compete in the snatch and the clean and jerk using the International Weightlifting Federation (IWF) Technical and Competition Rules & Regulations (TCRR). Athletes currently suspended for violations of anti-doping regulations in any sport are not eligible to compete at the Women Grand Prix.

Scoring by Olympic total in ten weight categories:

**45 kg, 49 kg, 55 kg, 59 kg, 64 kg, 71 kg, 76 kg, 81 kg, 87 kg & +87 kg**

If the number of competitors in one weight category is too small one winner for two or more categories will be determined using Sinclair points.

Team scoring: Four athletes from one club, federal state or country, scoring on Sinclair points.

Premiums/prizes:

#### Women's Grand Prix:

The first three athletes of each weight category will be awarded gifts. All participants will receive certificates. The three best participants overall according to Sinclair points will be awarded trophies and prize money. The best overall athletes of the U-20, U-17 and U-15 Masters & Open Class will also receive trophies. The best three teams will receive special gifts.

#### Girls' Grand Prix:

The first three athletes overall according to Sinclair points will be awarded gifts. All participants will receive certificates.

#### Kids' Grand Prix:

The first three athletes overall according to points will be awarded gifts. All participants will receive certificates.

#### Masters' Grand Prix:

The first three athletes overall according to Malone Melzer points will be awarded prizes. All participants will receive certificates.

#### Open Class – unsanctioned:

The first three athletes of each weight category will be awarded gifts. All participants will receive certificates.

Accreditation:

Entry fees:

Kids & Girls (born 2005 – 2011): 55 Euro

Seniors – Masters - Open Class – coaches – team leaders: 70 Euro

Accreditation of referees is free of charge.

**The due amount has to be paid to the bank account mentioned below not later than February 5<sup>th</sup>, 2019 which is also the Final Entry date.**

Account holder: Konrad Högg  
Bank adress: Vogelweiderstrasse, A-5020 Salzburg  
Bank: Hypo Bank Salzburg  
IBAN: AT26 5500 0119 0002 7363  
BIC: SLHYAT2S

Entry after 5<sup>th</sup> February 2019: The entry fee for entering an athlete later than March 5<sup>th</sup>, 2019 is 110 Euros for Kids & Girls and 140 Euro for Seniors/Masters/Open Class/Coaches/Team leaders.

Accommodation: Hotel fees if a 50 % deposit is paid not later than January 10th 2019 and the remaining 50% are paid not later than February, 5<sup>th</sup> 2019:

**All prices with breakfast .**

Single Room:	72,50 Euro per day
Double Room:	48 Euro per person per day
Three bed room	44 Euro per person per day

Account Name: Konrad Högg  
Adresse der Bank: Vogelweiderstrasse  
Bank Name: Hypo Bank Salzburg  
BIC: **SL HYAT 2S**  
IBAN: **AT26 5500 0119 0002 7363**

Lunch or Dinner: 15,00 Euro per Person

Further Information: Transfer between the Airport Ljubijana on request.

The “After Competition Party” for athletes, coaches and officials holding an accreditation. Guest welcome.

Preliminary entry date: 10<sup>h</sup> January 2019 (date of postage stamp or e-mail!)

Final entry date: 5<sup>th</sup> February 2019 (date of postage stamp or e-mail!)

Registration: By mail to:  
Konrad Högg,  
E-mail: [women.weightlifting.grandprix@gmail.com](mailto:women.weightlifting.grandprix@gmail.com)  
Entry forms are to be completed by the club/federation and entry fees have to be paid. The clubs/federations are responsible for their entries.

Doping test: Doping tests can occur at the competition. The selected athletes will be informed immediately after the end of their group's competition. If an athlete fails to appear at the testing commission in time, this will be regarded as a positive test including the corresponding sanctions.

**In the case of a positive drug test the participant will be personally liable for the incurred costs!!!!**

Other information: Participation in the competition is at each lifter's own risk. The administrative and technical rules of the IWF will be applied.

Visas: All participants must check if a visa is required for their entry to Slovenia. Should visa be required, participants will have to apply for the visa in the Slovenia Embassy/ Consulate in their home country. If assistance is needed, please contact the Organizers.

Accommodation: Please book by contacting Konrad Högg,  
e-mail: [women.weightlifting.grandprix@gmail.com](mailto:women.weightlifting.grandprix@gmail.com)  
not later than January 10<sup>th</sup>, 2019.  
Changes can only be made before  
February 5<sup>th</sup>, 2019.

Signed: Slovenia Weightlifting Federation

Konrad Högg – Head of the Organizing Committee  
Damjan Canzek – President of the Slovenia Weightlifting Federation

## Information :

1st place – 3<sup>rd</sup> place based on Sinclair points receive prize money



## Provisionary schedule:

**Thursday, March 7<sup>th</sup>, 2019**

Arrival of Delegations

7pm: Technical meeting

**Friday, March, 8<sup>th</sup>. 2019**

Competition for Kids – Girls – Masters – Open Class & Senior

**Saturday, March, 9<sup>th</sup>, 2019**

Competition for Senior

Grand Prix Party

**Sunday March, 10<sup>th</sup>, 2019**

Departure of Delegations

Lunch & Dinner in the Austria Trend Hotel: To booking and pay latest 5<sup>th</sup> February 2019

At the bottom I am sending you one of our menu, you can expect to be served during lunch or dinner. Every day we will prepare different varieties of foods.

### **Buffet dinner/lunch**

Karst cold cuts with cheese

Salad with tuna and rice

Roasted peppers with pesto

Seasonal salads

Vegetable cream soup

Gnocchi with dried tomato sauce

Chicken fillet with herbs

Grilled fish fillet

Baked potatoes with rosemary

Stewed vegetables with olive oil

Apple strudel

Fresh fruits

**15eur per person**





**Competitionhall in the Austria Trend Hotel in Ljubljana**



**Warm Up in the Austria Trend Hotel**