



**EUROPEAN WEIGHTLIFTING FEDERATION**  
**EWF Training Camp & Scientific Seminar-II**  
**24<sup>th</sup>-29<sup>th</sup> August 2019 Ventspils-LATVIA**



**REGULATION**

**EWF Training Camp & Scientific Seminar-II**  
**24<sup>th</sup>-29<sup>th</sup> August 2019 Latvia, Ventspils Olympic Centre**

**DATES** : 24<sup>th</sup>-29<sup>th</sup> August 2019

**PLACE** : Ventspils-LATVIA

**Invited National Federations of:**

Belgium, Bulgaria, Denmark, Estonia, Finland, France, Germany, Great Britain, Iceland, Ireland, Italy, Latvia, Lithuania, Malta, Netherlands, Norway, Russia, San Marino, Slovenia, Spain, Sweden, Turkey

**Arrival date** : 24<sup>th</sup> August 2019

**Departure Date** : 29<sup>th</sup> August 2019

**TEAM COMPOSITION** : One male one female coach, 2 male youth athletes (13-17 years old) and 2 female youth athletes (13-17 years old).

**ACCOMODATION** : Accommodation is full board and it is paid by EWF for 2 coach, two youth female athletes and two youth male athletes for each member federation.

**Address of the Hotel** : Olympic Centre Hotel Lielais prospekts 33 Ventspils Latvia

**FLIGHT TICKETS** : Flight tickets from / to Riga is paid by delegate own federation. Local transportation will be paid by EWF.

**TRANSPORTATION** : Organizing Committee will provide transportation from to Riga Airport-Hotel.

**TRAINING** : In Ventspils Olympic Centre.

Please check following link for updates:

[www.ewfed.com/link/1126](http://www.ewfed.com/link/1126)

**Schedule of Youth Training Camp & Seminars**

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
7:30	Arrival day	Waking up time	Waking up time	Waking up time	Waking up time	Departure day
8:00		Morning exercises	Morning exercises	Morning exercises	Morning exercises	
8:30		Breakfast (girls)	Breakfast (girls)	Breakfast (girls)	Breakfast (girls)	
9:00		Breakfast (boys)	Breakfast (boys)	Breakfast (boys)	Breakfast (boys)	
9:30		Free time	Free time	Free time	Free time	
10:00		Morning training (girls)	Morning training (girls)	Morning training (girls)	Morning training (girls)	
10:30						
11:00						
11:30						
12:00	Morning training (boys)	Morning training (boys)	Morning training (boys)	Morning training (boys)		

12:30					
13:00		Lunch	Lunch	Lunch	Lunch
13:30					
14:00		Nooning	Nooning	Nooning	Nooning
14:30					
15:00		Afternoon training (girls)	Afternoon training (girls)	Afternoon training (girls)	Afternoon training (girls)
15:30					
16:00		Afternoon training (boys)	Afternoon training (boys)	Afternoon training (boys)	Afternoon training (boys)
16:30					
17:00		Free time	Free time	Free time	Free time
17:30	Coaches Meeting 6.00pm-7.00pm				
18:00					
18:30		Dinner	Dinner	Dinner	Dinner
19:00	Dinner				
19:30					
20:00					
20:30					
21:00	Free time	Coaches seminar	Athletes and Coaches Anti-Doping seminar	Coaches seminar	Coaches seminar
21:30					
22:00					
22:30	Personal care time	Personal care time	Personal care time	Personal care time	Personal care time
23:00	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime

- Athletes to bring running shoes for sprint work.
- Athletes to bring swimming outfits for swimming pool.

Dates of Entries for accreditation and accommodation is 8<sup>th</sup>-19<sup>th</sup> July 2019

Please use EWFCES "*Seminar/Camp*" section for entries.

[User Manual for accreditation of EWF "Seminar / Conference / Training Camp" section in EWFCES .....](#) *click*

Please note that EWF will accept first 50 applications for weightlifters, the other applications will be postponed to EWF 2020 training camp.

#### EWFCES SECRETARIAT

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#### Organizing Committee

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