



EUROPEAN WEIGHTLIFTING FEDERATION
EWF Training Camp & Scientific Seminar-II
24th-29th August 2019 Ventspils-LATVIA



REGULATION

EWF Training Camp & Scientific Seminar-II
24th-29th August 2019 Latvia, Ventspils Olympic Centre

DATES : 24th-29th 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, Poland, Russia, San Marino, Slovenia, Spain, Sweden, Turkey

Arrival date : 24th August 2019

Departure Date : 29th 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

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					
15:30		Afternoon training (girls)	Afternoon training (girls)	Afternoon training (girls)	Afternoon training (girls)
16:00					
16:30					
17:00					
17:30		Afternoon training (boys)	Afternoon training (boys)	Afternoon training (boys)	Afternoon training (boys)
18:00	Coaches Meeting				
18:30	6.00pm-7.00pm	Free time	Free time	Free time	Free time
19:00					
19:30		Dinner	Dinner	Dinner	Dinner
20:00	Dinner				
20:30			Athletes and Coaches Anti-Doping seminar		
21:00		Coaches seminar		Coaches seminar	Coaches seminar
21:30	Free time				
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 8th-19th 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.

EWF SECRETARIAT

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