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| Til alle kvalifiserte lag tilsluttet Norges vektløfterforbund  **Innbydelse til NM Lag 2017**   |  |  | | --- | --- | |  | Spydeberg Atletene har gleden av å invitere til NM lag i vektløfting. | | **Sted :** | Spydeberghallen, Stasjonsgt. 35, 1820 SPYDEBERG | | **Tid:** | Fredag 17. november kl. 14.00 Veteran og junior kvinner og menn.  Lørdag 18. november kl.10.00 ungdom og senior begge kjønn. |  |  |  | | --- | --- | | **Innveiing:** | Fredag kl. 12.00-13.00.  Lørdag kl. 08:00-09:00.  All innveiing skjer i Spydeberghallen. |  |  |  | | --- | --- | | **Påmelding:** | Påmelding på vedlagte skjema innen 25. oktober med kopi til NVF [vektlofterforbundet@idrettsmail.no](mailto:vektlofterforbundet@idrettsmail.no)  Reservering av rom og bestilling av bankett, skjer direkte til hotellet av hver enkelt klubb innen samme dato. |  |  |  | | --- | --- | | **Startkontingent:** | kr. 300,- pr. deltaker betales seinest 1 uke etter påmelding. |  |  |  | | --- | --- | | **NM lisens** | Må være betalt til NVF innen 1 uke etter påmeldingsfristen |  |  |  | | --- | --- | | **Overnatting:** | Quality Hotel Mastemyr, Lienga 11, 1414 TROLLÅSEN  Tlf. +4766997800 , e-post: [booking.q.mastemyr@choice.no](mailto:booking.q.mastemyr@choice.no)  Oppgi referanse  **NM lag Spydeberg Atletene**  Enkeltrom kr. 795,- pr. natt Dobbeltrom kr. 995,- pr. natt Trippelrom kr. 1195,- pr. natt |  |  |  | | --- | --- | | **Bankett:** | Lørdag 18. november kl. 20.00. NB: tidspunktet kan endres avhengig av når stevnet avsluttes lørdag. Pris ca. kr. 235,- for idrettsbuffet med lasagne . Regning for bankett og overnatting gjøres opp med hotellet ved utsjekk. |      |  |  | | --- | --- | | **Regler:** | Det blir konkurrert og premiert etter NVFs lover og regler.  Alle løftere skal bruke reglementert antrekk. |   Spydeberg Atletene ønsker NVF, løftere, ledere, funksjonærer og entusiaster velkommen til gode vektøfterdager i Spydeberg.  Med vennlig hilsen  Johan Thonerud  Spydeberg Atletene  **Påmelding til NM Lag 2017**  Sendes til (bruk helst e-post):   |  |  | | --- | --- | | Norges Vektløfterforbund  e-post: [vektlofterforbundet@idrettsmail.no](mailto:vektlofterforbundet@idrettsmail.no) | Spydeberg Atletene, v/Johan Thonerud  Thonerud Gård  Stegenveien 671  1820 SPYDEBERG  e-post: johan@gymthonerud.no | |  |  |  |  |  |  |  | | --- | --- | --- | --- | | **Påmelding fra:** | |  |  | | Klubb: |  | | | | Adresse: |  | | | | Kontaktperson: |  | e-post: | | |  |  | Tlf: |  |   **Melder på følgende løftere i kronologisk rekkefølge i konkurransen:**   |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  | Informasjon om startberettigelse | | | | |  | Navn | Født | Betalt lisens 2017 | | Ren utøver | | |  |  |  | Ja | Nei | Ja | Nei | |  | **Veteran** |  |  |  |  |  | | **1** |  |  |  |  |  |  | | **2** |  |  |  |  |  |  | | **3** |  |  |  |  |  |  | | **4** |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **Ungdom jenter** |  |  |  |  |  | | **1** |  |  |  |  |  |  | | **2** |  |  |  |  |  |  | | **3** |  |  |  |  |  |  | | **4** |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **Ungdom gutter** |  |  |  |  |  | | **1** |  |  |  |  |  |  | | **2** |  |  |  |  |  |  | | **3** |  |  |  |  |  |  | | **4** |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **Junior kvinner** |  |  |  |  |  | | **1** |  |  |  |  |  |  | | **2** |  |  |  |  |  |  | | **3** |  |  |  |  |  |  | | **4** |  |  |  |  |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  | **Junior menn** |  |  |  |  |  | | **1** |  |  |  |  |  |  | | **2** |  |  |  |  |  |  | | **3** |  |  |  |  |  |  | | **4** |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **Senior kvinner** |  |  |  |  |  | | **1** |  |  |  |  |  |  | | **2** |  |  |  |  |  |  | | **3** |  |  |  |  |  |  | | **4** |  |  |  |  |  |  | |  |  |  |  |  |  |  | |  | **Senior menn** |  |  |  |  |  | | **1** |  |  |  |  |  |  | | **2** |  |  |  |  |  |  | | **3** |  |  |  |  |  |  | | **4** |  |  |  |  |  |  | | **5** |  |  |  |  |  |  | | **6** |  |  |  |  |  |  |   Samlet **startkontingent** kr.\_\_\_\_\_\_\_\_\_\_ er satt inn på konto nummer 1135 04 77340  Spydeberg Atletene v/Johan Thonerud  Merk giroen nøye med hva innbetalingen gjelder  Sted: Sign: |  |  |  |  |  |  |  |