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| Til alle kvalifiserte lag tilsluttet Norges vektløfterforbund**Innbydelse til NM Lag 2017**

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|  | 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. |

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| **Innveiing:**  | Fredag kl. 12.00-13.00.Lørdag kl. 08:00-09:00.All innveiing skjer i Spydeberghallen. |

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| **Påmelding:** | Påmelding på vedlagte skjema innen 25. oktober med kopi til NVF vektlofterforbundet@idrettsmail.noReservering av rom og bestilling av bankett, skjer direkte til hotellet av hver enkelt klubb innen samme dato. |

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| **Startkontingent:**  | kr. 300,- pr. deltaker betales seinest 1 uke etter påmelding. |

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| **NM lisens** | Må være betalt til NVF innen 1 uke etter påmeldingsfristen |

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| **Overnatting:** | Quality Hotel Mastemyr, Lienga 11, 1414 TROLLÅSENTlf. +4766997800 , e-post: booking.q.mastemyr@choice.noOppgi referanse  **NM lag Spydeberg Atletene**Enkeltrom kr. 795,- pr. nattDobbeltrom kr. 995,- pr. nattTrippelrom kr. 1195,- pr. natt |

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| **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.  |

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| **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 hilsenJohan ThonerudSpydeberg Atletene**Påmelding til NM Lag 2017**Sendes til (bruk helst e-post):

|  |  |
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| Norges Vektløfterforbunde-post: vektlofterforbundet@idrettsmail.no | Spydeberg Atletene, v/Johan ThonerudThonerud GårdStegenveien 6711820 SPYDEBERGe-post: johan@gymthonerud.no |
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| **Påmelding fra:** |  |  |
| Klubb:  |  |
| Adresse: |  |
| Kontaktperson: |  | e-post: |
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**Melder på følgende løftere i kronologisk rekkefølge i konkurransen:**

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|  |  |  | Informasjon om startberettigelse |
|  | Navn | Født | Betalt lisens2017 | Ren utøver |
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|  | **Veteran** |  |  |  |  |  |
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|  | **Ungdom jenter** |  |  |  |  |  |
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|  | **Ungdom gutter** |  |  |  |  |  |
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|  | **Junior kvinner** |  |  |  |  |  |
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|  | **Senior kvinner** |  |  |  |  |  |
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Samlet **startkontingent** kr.\_\_\_\_\_\_\_\_\_\_ er satt inn på konto nummer 1135 04 77340Spydeberg Atletene v/Johan ThonerudMerk giroen nøye med hva innbetalingen gjelderSted: Sign:  |  |  |  |  |  |  |  |