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## Grétarsmótið 2025

*Youth Olympic Weightlifting Cup*

August 2–3, 2025

Verksmiðjan – Hjalteyri, Iceland

### 50 Years of Strength, Legacy & Future

KFA – Kraftlyftingafélag Akureyrar, the **oldest weightlifting club in Iceland**, proudly invites you to the inaugural edition of **Grétarsmótið**, a team competition held in honor of **Grétar Kjartansson**, the club's first national champion and a foundational figure in our clubs strength sports hertiage. Hosted during the **national holiday festival weekend**, this event brings together **youth and junior lifters from all over to compete, connect, and celebrate 50 years of Icelandic lifting history.**


### Venue:

Lyftingahöllin – The Factory Gym  
Hjalteyri, Eyjafjörður, Iceland

### Competition Dates:

August 2–3, 2025

 **Prize Pool:** 1.000.000 ISK

 **Festival Program:** Fireworks, stone lifting, track events & cultural celebration

## 1. General Information

### Name of the Event:

Grétarsmótið 2025 – Youth Olympic Weightlifting Cup

### Organizer:

Kraftlyftingafélag Akureyrar (KFA) in cooperation with the Icelandic Weightlifting Federation (LSÍ)

### Dates:

August 2nd & 3rd, 2025

### Venue:

Lyftingahöllin – The Weightlifting Hall  
Hjalteyri, Iceland

### Type of Event:

Team Competition in Olympic Weightlifting  
Youth (U17) and Junior (U20) categories

## 2. Competition Details

### Team Composition:

Each team consists of **5 athletes**, with the following structure:

- **At least 2 females and 2 males**
- **At least 2 athletes in U17 and 2 in U20**
- **A 5th team member may be of any category** (including Open class)
- **No two athletes may compete in the same weight category**

### Disciplines:

- **Snatch**
- **Clean & Jerk**

### Scoring System:

- Team results are based on **combined Sinclair points** of all five athletes. Female scores will be multiplied by a factor 1,354.
- **+5% bonus points** for teams fulfilling all gender and age diversity criteria

- **No maximum per nation** – multiple teams per club/country are welcome

#### Technical Judging (Special Feature):

- In addition to standard refereeing, **technical style points (1–10)** may be awarded by referees for select lifts (as approved by LSÍ)
- This adds a fun, educational, and artistic element to the competition

#### Referees:

- Certified **IWF / LSÍ referees** will officiate

#### Special Awards:

- **Best Snatch** (individual, any gender)
- **Best Clean & Jerk** (individual, any gender)
- **Best Sinclair Score** (individual, any gender, female scores with factor 1,354.)
- **Style & Conduct Awards** (based on execution, sportsmanship, presentation – judged 1–10 by referees)

#### **Prize Distribution (Total: 1,000,000 ISK)**

- 🏆 333,333 ISK – **Best Team awards**
- 🏆 333,333 ISK – **Best Male & Female lifter** (Sinclair-based)
- 🏆 333,333 ISK – **Special Recognition Awards for outstanding performance**  
*Technical excellence, sportsmanship, showmanship – determined by referee and jury panel & LSÍ & KFA committee.*

### 3. Provisional Schedule


Grétarsmótið will take place over **two days**, with competition sessions carefully scheduled to allow all participants and guests to enjoy the full weekend **festival atmosphere** at Hjalteyri.

#### Friday – August 2nd, 2025

- **09:00** – Arrival, accreditation & athlete check-in
- **10:00** – **Opening Ceremony** at Lyftingaverksmiðjan
- **11:00–18:00** – Competition sessions (Group A/B/C based on entries)
- **Evening:** Welcome gathering & access to festival events

#### Saturday – August 3rd, 2025

- **10:00–14:00** – **Final competition sessions** (Top Sinclair groups)
- **15:00** – Awards Ceremony & Group Photo
- **16:00 onward:**
  - **Powerlifting showcase**
  - **Aflraunir** (Traditional Icelandic strength events)
  - **Track & Field events**
  - **Climbing challenges**
  - **Cultural exhibitions and food stalls**
- **22:00** –  **Fireworks Show – Closing the 50-Year Anniversary of KFA**

 **Final schedule will be confirmed** based on the number of registered athletes and published in July 2025.

## 4. Participation & Eligibility

### Open to:

- All member clubs of the **Icelandic Weightlifting Federation (LSÍ)**
- **International clubs and national teams** affiliated with a recognized weightlifting federation

### Age Categories:

- **U17:** Athletes born **2008–2014**
- **U20:** Athletes born **2005–2007**

### Eligibility Criteria:

- All athletes must have **successfully participated in a sanctioned Olympic weightlifting competition** (domestic or international) **prior to July 29th, 2025**

⚠️ Proof of participation may be requested by the organizing committee or LSÍ for verification.

## 5. Registration

 **Registration Deadline:**  
**July 30th, 2025**


### How to Register:

- All clubs and national federations must register through:
  - 👉 a formal registration form in the end of the invitation
- For group/team registration assistance, contact the organizers directly.
- **LSÍ may also assist with registration coordination upon request.**

### Required Information:

- Athlete names, year of birth, weight category
- Planned entry totals (**snatch + clean & jerk**)
- Coach or team manager contact details
- Accommodation needs (if applicable)

### Entry Fee:

 A **15,000 ISK entry fee per athlete** is to be paid **upon arrival or at weigh-in**.

*Note: No pre-payment is required for this inaugural edition.*

*Entry fees are used to cover equipment, venue, and referee costs.*

### Registration Support Contacts:

 [hjalteyri@lyftingaskolinn.is](mailto:hjalteyri@lyftingaskolinn.is)

 **+354 690 4330**

## 6. Travel & Accommodation

### Arrival Airport Options:

- ✈️ **Akureyri (AEY)** – 25-minute drive to Hjalteyri
- ✈️ **Keflavík International (KEF)** – 5–6 hour drive to Hjalteyri or domestic flight to AEY

#### **Local Transport:**

- Airport pickup from **Akureyri (AEY)** can be arranged upon request
- Shuttle transport between Akureyri and Hjalteyri available during competition days

#### **Accommodation Options:**

Participants and teams may arrange their own lodging or request local assistance.

Nearby towns include:

- **Hjalteyri** (limited availability – ideal for early bookings)
- **Akureyri** (20 min)
- **Dalvík, Árskógssandur, Grenivík**

We recommend booking as early as possible due to **high summer demand** in North Iceland.

#### **Meals & Food:**

- Refreshments and light meals will be available at the competition venue
- Local cafes and restaurants available in the area
- Special group meals can be arranged for delegations upon request

#### **Visa Support:**

- International teams needing a travel visa should contact organizers for a formal **invitation letter**
- Requests must be submitted **no later than July 5th, 2025**

#### **Accommodation Assistance & Local Info:**

✉️ [hjalteyri@lyftingaskolinn.is](mailto:hjalteyri@lyftingaskolinn.is)

☎️ **+354 690 4330**

## 7. Rules & Regulations

### Competition Format:

- The competition will be conducted under **IWF Technical Rules and Regulations**
- Scoring is based on **Sinclair points**, adjusted for bodyweight and total lifted
- **Two official lifts:**
  - **Snatch**
  - **Clean & Jerk**

### Weigh-In:

- All athletes must complete an official weigh-in **no later than 2 hours before their session begins**
- Athletes must present valid identification

### Referees & Jury:

- Referees are certified by **LSÍ and IWF**
- A competition jury may be appointed for protests and technical issues

### Clothing & Equipment:

- Athletes must wear **IWF-approved attire and footwear**
- Club or national team singlets are permitted
- Chalk and personal lifting belts are allowed

### Anti-Doping:

- The event is governed by the **anti-doping rules of the Icelandic Weightlifting Federation (LSÍ)**
- All athletes and coaches must comply with LSÍ and **WADA** guidelines
- Random testing may occur

### Conduct & Ethics:

- All participants are expected to uphold the spirit of **fair play, mutual respect, and safety**
- Any unsportsmanlike behavior may result in disqualification
- The use of performance-enhancing drugs is strictly prohibited

**Commented [AB1]:** Þú ert með nokkra möguleika hérna, nota bara Sinclair. Nota Q-points (sem er vesen fyrir mjög léttu keppendur) eða nota Q-youth sem er svona modified version:

<https://huebner.shinyapps.io/Qyouth/>

Þá er aldurs factor í u13, u14-u15 og u16-17 sem er allt U17 (Youth), Junior er síðan 18-20 ára og það er minni eða enginn aldursfactor þar.

Ef þú vilt ekki hafa aldursfactor inn í sama keppnisflokk þá myndi ég mæla bara með Sinclair fyrir U17 eins og er í invite-inu.

En mér lýst bara vel á þetta Sinclair og input er body weight ot total.



#### Technical Judging Bonus (Optional):

- Select lifts may be evaluated by a panel for **style, control, and execution** on a **1–10 point scale**
- These points contribute to **Special Awards** and do not affect competition ranking

## 8. Cultural & Festival Program

### Celebrating 50 Years of KFA – Iceland’s Oldest Weightlifting Club

Grétarsmótið 2025 marks a historic moment:

**50 years of continuous operation** of **Kraftlyftingafélag Akureyrar (KFA)** – the oldest active Olympic weightlifting club in Iceland.

The event is held in **honor of Grétar Kjartansson**, KFA’s **first national champion** and a trailblazer who laid the foundation for **hundreds of lifters** who followed.

This is more than a competition. It is a tribute, a festival, and a call to the future.

#### Friday – August 2nd

- 🏆 **Grétarsmótið – First day of competition**
- 🎤 **Opening Ceremony** celebrating KFA’s 50-year history
- 📸 Club photo wall and exhibition: *"From Grétar to the next generation"*
- 🛀 Hot tubs, saunas, and fjordside recovery options open for all guests
- 🍷 Social evening with food and gathering at the Factory Gym

#### Saturday – August 3rd

- 🏆 **Final lifting sessions & awards**
- 🪨 **Aflraunir & Strong Events:** stone lifting, log press, yoke walk
- 🧗 **Climbing challenges** – on the tallest bouldering wall in North Iceland
- 🏊 **Track & field, powerlifting, team strength games**
- 🇮🇸 **Kayaking by the fjord** and community sports fair
- 🌟 **Massive Fireworks Display** closing the weekend at 22:00

#### Throughout the Weekend:

- 🏋️ Open gym access & family-friendly fitness events
- 🏛️ Historical exhibits on Icelandic lifting & the legacy of Grétar
- 🍽️ Local food, live music, and friendly faces from all over Iceland and abroad

## 📞 9. Contact & Support

For all questions regarding participation, registration, travel, or media inquiries, please do not hesitate to contact us:

#### 🏠 Organizer:

**Kraftlyftingafélag Akureyrar (KFA)**

In collaboration with the **Icelandic Weightlifting Federation (LSÍ)**

📍 **Lyftingaverksmiðjan** – Hjalteyri, Iceland

🌐 **Website:** [lyftingaskolinn.is](http://lyftingaskolinn.is)

#### ✉️ Email:

[hjalteyri@lyftingaskolinn.is](mailto:hjalteyri@lyftingaskolinn.is)

#### 📞 Phone / WhatsApp:

**+354 690 4330**

#### 📱 Instagram & Facebook:

<https://www.facebook.com/kfakureyri/>



<https://www.instagram.com/kfa1975/>

#### 🏠 **LSÍ – Icelandic Weightlifting Federation**

✉️ [lyftingasamband@lsi.is](mailto:lyftingasamband@lsi.is)

🌐 [www.lsi.is](http://www.lsi.is)

## Grétarsmótið 2025 – Registration Form

 Hjalteyri, Iceland |  August 2–3, 2025

### Team Information

- Team Name:
- Club / Federation:
- Country:
- Coach / Team Manager Name:
- Email Address:
- Phone / WhatsApp:

### Athlete Entries (x5)

For each athlete:

1. Full Name
2. Date of Birth (DD/MM/YYYY)
3. Gender
4. Weight Category
5. Age Group (U17 / U20 / Open)
6. Planned Entry Total (Snatch + Clean & Jerk)
7. Previous Competition Participated (Event Name & Date)
8. Need Accommodation? (Yes / No)
9. Dietary Restrictions (if any)

<https://forms.gle/4duVLfZJq1mwDtr9A>

### Payment

- Will you pay the **15,000 ISK entry fee per athlete** (this includes all doping fees) upon arrival or at weigh-in?

☐ Yes

☐ No – please contact us for special arrangements

### Travel Information

- Arrival Date:
- Arrival Airport (AEY or KEF):
- Need local pickup from Akureyri? ☐ Yes ☐ No

### Additional Notes or Requests:

*(T.d. ef hópurinn vill sameiginlega gistingu, eru með auka fararstjóra, eða hafa sérstakar aðstæður)*


### Confirmation

By submitting this form, I confirm that all athletes are eligible and have competed in a sanctioned event prior to July 29th, 2025.

- ☐ I accept the rules and competition structure of Grétarsmótið 2025.
- ☐ I agree to comply with LSÍ/WADA anti-doping and fair play policies.

 Send completed forms or inquiries to:

 [hjalteyri@lyftingaskolinn.is](mailto:hjalteyri@lyftingaskolinn.is)

 +354 690 4330