Powerlifting

Friday September 2nd

12.00 – 16.00	Arrival in Tromsø, accreditation and check-in at the hotels (after 12:00)
12.00 – 18.30	Registration office in the hotel is open
17.30 – 19.30	Dinner at the hotel
19.45	Walking to the Opening Ceremony in Stortorget, Tromsø
20.00 – 21.30	Opening Ceremony in Stortorget, Tromsø
21.30	Transportation to the hotels (Walking distance)

Saturday September 3rd

07.00 – 09.00	Breakfast at the hotel
09.30	Transportation to the arena
10.00	Weigh-in at the arena
12.00	Competition starts
15.10	Medal Ceremony
15.30 – 16.30	Lunch
16.30	Transportation to the hotel
17.30 – 19.30	Dinner at the hotel
19.30 – 20.00	Transportation to Get-Together in Tromsøbadet
20.00 – 22.30	Get Together – Play Together in Tromsøbadet
22.30	Transportation to the hotels

Sunday September 4th

08.00 – 10.30	Breakfast at the hotel
	No competition Sunday
12.30 – 13.30	Lunch

Local club: Tromsø Atletklubb

Arena: Kraft Sportssenter
Contact: Linda Isaksen, +47 452 00 503

Barents Games is a people-to-people cooperation, which aims to develop friendship through sports in the Barents Region. Cooperation across the Barents countries gives athletes, coaches, managers and referees the opportunity to share knowledge and experience through international competitions. In addition to sports competitions, Barents Games has an

overall goal of tolerance and cultural understanding across its borders
- sharing the arctic spirit!

Opening Ceremony

During Barents Summer Games in Tromsø, we wish to invite you all participants and guests to this community event – where you will get the chance to meet athletes of all sports, nations, and age groups.

Time: **Friday 2nd September, kl. 20.00 – 21.30**
Location: **Stortorget, Tromsø City Centre**

The opening ceremony will take place on Friday evening, in the heart of Tromsø city. This is the official opening of the Games, where we will wish all participants, coaches, managers and invited guests a warm welcome to Tromsø and BSG 2022. The program will include speeches and cultural performances.

Get-Together – Play-Together

Time: **Saturday 3rd September, kl. 20.00 – 22.30**
Location: **Tromsøbadet and Tromsø Climbing Centre**

"Get-Together – Play-together" is a social gathering for all participants, coaches, leaders and invited guests. The evening will be spent in the magnificent Tromsøbadet. There will also be an opportunity for participants to book 1 hour of climbing in Tromsø Climbing Centre, which is in the same building. This booking can be done in the Main Secretariat at Scandic Ishavshotel when you arrive and register.

In Tromsøbadet, we will make sure you can have fun, compete in exciting games, and meet other participants from other countries or sports. Tromsø Climbing Centre will teach you the basics of climbing and provide a good challenge for the more experienced climbers – in the great climbing wall, which is suited for international competitions.

