



19th International Women's Grand Prix

Event Details:

19th International Women's Weightlifting Grand Prix – 2024

Dates: August, 22nd to 25th – 2024

Venue: Sport. – und Veranstaltungshalle Baden (near Vienna), Austria

This is a Women in Sport (WIS) participation event; accordingly, there are no qualification totals set out by Weightlifting Ireland (WI) for Irish athletes who wish to be considered, however the following minimum criteria for athletes is required:

1. Hold a valid Irish passport and have been deemed eligible to represent Ireland based on approval by the Board of Weightlifting Ireland.
 - a. In the case of multiple citizenship, the athlete must **NOT** have represented any other country at a competition or competitions organised by the IWF or any of its continental federations, within a twelve-month period.
2. Be a current member of Weightlifting Ireland and be in good standing with Weightlifting Ireland and/or its affiliated bodies or partners.
3. Be compliant with the Weightlifting Ireland/Sport Ireland anti-doping procedures and attend annual anti-doping education.
4. A completed formal “**Expression of Interest**” must have been received via our online form for athletes & coaches to be considered for selection by **Monday, 27th of May** : [HERE](#)
 - a. *While this is a participation event, Weightlifting Ireland may have to cap the Team size in the interests of providing appropriate coaching ratios.*
5. Athletes must have participated in at least one Weightlifting Ireland event within the last twelve (12) months.

6. Athletes, Coaches, and team members must sign the Weightlifting Ireland “International Code of Conduct” agreement. To receive documentation & more information, contact: [secretary@weightliftingireland.com]
7. Athletes, if selected must be willing to assist at Weightlifting Ireland competitions and events during 2024/2025. For further information contact: [competitions@weightliftingireland.com]

Age Groups:

The WGP has the following competitive categories:

- Kids : Age 8 to 12 / (2012 - 2016)
- Girls : Age 13 to 14 / (2010-2011)
- Senior : Age 15 and over / (2009 onwards)
- Masters : Age 35+ / (1989 and before)

WI are content to receive applications of interest from all age groups, however, athletes in the kids and girls age groups, under the age of 16 will be required to be **accompanied by a parent/guardian** for the travel and the duration of the event.

Funding:

As a participation event, all aspects and expenses associated with this event will be **self-funded** by the individual athlete.

Expected costs will include:

- Entry Fee
 - Kids & Girls : €75
 - Senior & Masters : €85
 - Coaches : €85
 - *Entry fees are non-refundable*
- Travel arrangements - the closest airport is Vienna with direct flights from Dublin. There are a number of options for onward travel from the airport including train and private transfers:
 - In previous years, some participants have hired cars as they holiday around after the event.
 - Once the team size is confirmed, we can make group arrangements.
- As of 4th May, 2024:
 - Flights are available from €185 to €338 (approx.)
 - Train tickets from €10-18 return (approx. an hour travel time)
 - Private transfer (van) - €168-€192 for 8 seater (return)

- All athletes will be responsible for their own travel arrangements, however we would encourage group travel if possible.
- Accommodation - the event has specified accommodation which will be pre booked by the organisers. There are two guest houses within 1-5km from the competition venue. Guest house costs below, include breakfast:
- Guest House A (4.5km from venue)
 - Single room - €65 (per night)
 - Double room - €85 (per night)
 - Triple room - €115 (per night)
- Guest House B (500m from venue)
 - Single room - €85 (per night)
 - Double room - €120 (per night)
- After competition party - this is a unique part of the event and includes the prize giving ceremony. The cost is built into the entry costs for athletes and coaches. Any additional guests wishing to attend will be required to purchase a ticket (€30).

Coaching:

Weightlifting Ireland will provide coaches depending on team size [**approximately 6/8 athletes per coach**]. National level female coaches will organise, manage, support and coach the Team at this event.

For 2024, we are delighted to announce that this event will be used as a pilot project for the Weightlifting Ireland Women in Sport **MentHership** Program. Aoife McPolin has been selected by the Board of Weightlifting Ireland as the Mentee and will be fully involved in all aspects of the event to gain experience under the WIS pillars of “Leadership and Coaching” alongside national level coach, Claire McLarnon.

Feel free to reach out to Aoife if you have any questions or queries regarding the event via email : [WGP@weightliftingireland.com]

Personal coaches are welcome to attend with athletes, but will be liable for all costs associated with the event; in addition to those listed above. In order to accompany an Irish athlete into the warm up area, personal coaches must have the following minimum standards:

- WI Level 1 Coaching Qualification
- Current WI Membership (2024)
- Current Sport Ireland Safeguarding L1 Training
- Current WI Garda Vetting

It is also highlighted that National Coaches will have the ultimate responsibility and be the decision makers for the Team athletes; Personal Coaches will have a supporting role.

Timeline:

1. Applications of interest to be completed by Monday 27th of May.
2. All athletes & coaches will be notified regarding selection by Monday 3rd of June.
3. Entry fee to be transferred to the WI bank account by Monday 17th of June.
4. Preliminary entry to be with event organisers by Tuesday 25th of June.
5. Accommodation/party costs are to be paid to the WI bank account by Monday 15th of July.
6. Final entry to be with event organisers by Thursday 25th of July.

Team Training Event:

Should there be sufficient interest we will arrange a team training event over the summer months for the selected team athletes & coaches.

Social Media:

It is expected that athletes and coaches will **NOT** publish any information regarding their inclusion onto the Team, until after Weightlifting Ireland have officially announced the Team selection via our website and social media channels.

Additional Information:

If you have any questions or concerns, please contact Claire and Aoife via email at - [wgp@weightliftingireland.com]