

## POWER LIFTING

Site : Complexo Desportivo de VRSA

Vila real de Santo Antonio

*The following information can change. Please check the modification on our website and directly at the Games Centre.*

**CATEGORIES:** Reference date, 03rd July 2022

A: Under 35 years old

C: From 45 to 55 years old

E: From 65 to 70 years old

B: From 35 to 45 years old

D: From 55 to 65 years old

F: Over 70 years old

### **COMPETITION SCHEDULE:**

Weight at 8.00 am

**TUESDAY**

**9.00 am**

### **PRACTICAL INFORMATION:**

The event of power lifting will [abide to the World Drug-Free Powerlifting Federation, Inc.](#) rules, and it will carry out with all the requirements of an international competition, regarding to:

Plates, Squat racks, Benches, Barbells and Discs, Warming up room, Weighting room, Weighting order Loading staff.

Besides, all the elements required by the organization will be at the disposal of the athletes, such as bottled water, chalk and so on.

2 rankings: One per event, and one with a global ranking.

The table that will be used to calculate results will be the **Shwartz-Malone Formula**

**Accompanying people can compete, but they will not be ranked.**

***Medals award ceremony directly on site at the end of the event.***

