

POWER LIFTING

Site : Coliseo Chico de Hierro

Cartagena

The following informations can change. Please check the modifications on our website and directly at the Games Center.

CATEGORIES: Reference date 31st December 2023

A: Under 35 years old

B: From 35 to 44 years old

C: From 45 to 54 years old

D: From 55 to 64 years old

E: From 65 to 69 years old

F: 70 years old and over

COMPETITION SCHEDULE:

Weighting time: to be confirmed

MONDAY
AFTERNOON

PRACTICAL INFORMATIONS:

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.