



POWERLIFTING

Site: Park Plaza Belvedere

Osipovica 33, 52203, Medulin

GPS : 44°48'41.5"N 13°56'38.1"E



The following information is subject to change.

To stay informed, join the competition's WhatsApp group by scanning the QR code above.

AGE CATEGORIES: Reference date: December 31, 2026

A: Under 35 years

C: 45-54 years

E: 65-69 years

G: 75-79 years

B: 35-44 years

D: 55-64 years

F: 70-74 years

H: Over 80 years

COMPETITION SCHEDULE:

Meet at 8:30 am in the lobby of the Park Plaza Belvedere hotel.

WEDNESDAY
9.00 am

PRACTICAL INFORMATION:

The powerlifting event will comply with the rules of the World Drug-Free Powerlifting Federation, Inc. and will meet all the requirements of an international competition, regarding:

Plates, squat racks, benches, dumbbells and discs, warm-up room, weightlifting room, weightlifting order, loading staff.

In addition, all elements necessary for the organization will be provided to the athletes, such as chalk.

2 rankings: One per event and one overall ranking.

The table used to calculate results will be the Schwartz–Malone formula.

Companions may compete, but they will not be ranked.

Medal ceremony will take place directly on-site at the end of the event.