



## POWERLIFTING

**Site: Arena Hotel Holiday**

Osipovica 32, 52203, Medulin, Croatia

GPS : 44°48'51.3"N 13°56'20.0"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 a.m.

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.**