

IRP RAW European Championships

Date / Place:

12 - 13 November 2011

Weightlifting Area "MKS - Athleta"

Opolska Street 6

Gdansk/Poland

Competition:

12 November - RAW-Benchpress

13 November – RAW-Squat, RAW Deadlift

Rules and Regulations on www.irp-powerlifting.com

Age categories

- Juniors up to 23
- Aktives 24 - 39
- Masters I 40 - 49
- Masters II 50 - 59
- Masters III over 60

Bodyweight categories:

Men

- up to 75 kg: lightweight
- up to 95 kg: middleweight
- up to 115 kg: heavyweight
- over 115 kg: superheavyweight

Women

no weightclasses,

evaluation by Reshel formula

Evaluation Men within the classes:

Formula: best lift in kg - bodyweight in kg = Evaluation points

Participation fee:

start in 1 event: 30,00 €

start in 2 events: 50,00 €

start in all events: 60,00 €

Awards:

Winners of first three places of each weight category are awarded medals.

Relative-winner of each age categories are awarded cups.

All Athletes will receive certificates and valuable material prizes (supplements).

Attention:

This Competition is a single event championships. Each event is evaluated and awarded individually.

Contact:

Enrico Schuetze

Stettiner Str. 14

29439 Luechow

e-mail: schuetze@max-messe.de

phone: +49 173 70 67 988

Registration by post, e-mail or phone

Closing date:

30 October 2011