

# IRP RAW World Championships

**Date / Place:**

17 - 18 November 2012  
Freizeitforum Berlin-Marzahn  
Marzahner Promenade 55  
Berlin / Germany

**Competition:**

17 November - RAW-Benchpress  
18 November – RAW-Squat, RAW Deadlift  
Rules and Regulations on [www.irp-powerlifting.com](http://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:**

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**Closing date:** 30 October 2012