

**POWERLIFTING ZVEZA SLOVENIJE -
ZVEZA TROBOJA MOČI**

Gasilska cesta 16,
1290 Grosuplje

E: info@powerlifting.si

W: www.powerlifting.si

T: 041 378 455 (Urban Mur, predsednik)



Powerlifting zveza Slovenije – zveza troboja moči invites everyone, who would like to compete in classic powerlifting or bench press to:

STYRIA OPEN 2019



Saturday, 19th October 2019
Sports hall Cirkovce, Cirkovce 46, 2326 Cirkovce

All information included may change until the competition.

ORGANIZER : ŠD Thorium

MEET DIRECTOR: Matic Hren (thoriumsportsclub@gmail.com)

PRESIDENT OF PLZS: Urban Mur, info@powerlifitng.si, 041-378-455

SCHEDULE:

COMPETITION	CLASS	TIME	AWARD CEREMONY
Classic bench press	Men Open, Women Open	Saturday morning	After the last group of the day
Classic powerlifting	Women Open, Men Open up to including -83 kg	Saturday morning	After the last group of the day
	Men Open above -83 kg	Saturday afternoon	

Final schedule will be published at the end of applications and may change.

APPLICATIONS:

Applications are possible **between August 1st 2019 and September 20th 2019** via an online form. Every foreign competitor is obliged to pay the participation fee as noted below and an additional fee of 10€, which is equivalent to the annual registration fee for domestic lifters. The participation fee should be paid before 1st October, otherwise the application is invalid.

PARTICIPATION FEE:

Powerlifting OR bench press (payment untill 20 th September)	30€
Anti-doping fee	10€
Foreigner administration fee	10€
Payment after 20 th September	+10€

The return of participation fee is only possible with the doctor's confirmation of inability to compete.

WEIGHT AND AGE CATEGORIES (POWERLIFITNG):

Competitors can apply for all weight categories, stated in the IPF Technical rulebook. The only age category at this competition will be open. Weigh-in will start 2 hours before the first squat for each group. Changes in weight classes on the meet day are NOT possible. Last changes in the weight classes should be reported to the meet director before 5th October.

ALLOWED EQUIPMENT:

All pieces of equipment that are in accordance with IPF Technical rulebook is allowed. Knee sleeves, belt and wrist wraps may be used. Knee wraps, velcro belts and padded belts are not permitted. **Every competitor is obliged to wear a non-supportive suit – singlet. Only knee sleeves that are part of IPF approved list may be used.**

Approved knee sleeves:

- SBD
- ELEIKO 5mm, ELEIKO 7mm
- ROGUE 7mm,
- A7 CONE– Black, A7 CONE– Americana
- Unbroken designs
- Lift.net Stoic
- Rehband (glej seznam dovoljene opreme za točne podatke)
- Titan
- Inzer
- Iron Tanks
- Metal
- ONI, ONI XX
- Strengthshop Inferno
- Supertraining Sport, Slingshot 2.0, Strong, Extreme X

ANTI-DOPING:

A doping test will be carried out. Every competitor needs to sign an agreement about not using doping and will be obliged to cooperate if selected for the test. In the case of a positive test, the competitor must pay all its expenses.

FOREIGNERS:

This meet is open for all foreign competitors. Any foreign competitor can compete with the permission of his national federation. Foreign competitors will compete in the same categories as Slovenian lifters.

SPECTATORS:

The admission for the spectators will be free of charge. Spectators are kindly invited to come and support the competitors.

VOLUNTEERS:

Should you not compete, you can still be a part of the competition as a volunteer. People for the preparation of the venue, for recording the results, for spotting and loading and the help at the day of the competition are needed. **Lunch and snacks will be provided!**

SPONSORS:

Every company or corporation, interested in becoming a sponsor of the competition can contact us on the email address matic.hren@gmail.com