

POWERLIFTING ZVEZA SLOVENIJE -
ZVEZA TROBOJA MOČI

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

6. Open Slovenian National Championship in Classic Bench Press



• Powerlifting zveza Slovenije - zveza troboja moči •

DRŽAVNO PRVENSTVO V POTISKU S PRSI 2020

X-GYM Kranj, 26. 1. 2020

Sunday, 26th of January 2020

X-gym Kranj, Ljubljanska cesta 24c, 4000 Kranj

All information included may change until the competition.

ORGANIZER : Powerlifting zveza Slovenije - zveza troboja moči

MEET DIRECTOR: Urban Mur, info@powerlifting.si, 041-378-455

SCHEDULE:

COMPETITION	CLASS	ČAS
Bench press	ALL	Weigh-in 11:00 Competition 13:00

Final schedule will be published at the end of applications-

APPLICATIONS:

Applications will be possible between **24th of November and 5th of January** 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 12th of January, otherwise the application is invalid.

PARTICIPATION FEE:

Bench press (payment before 5 th of January)	25€
Anti-doping fee	10€
Foreigner administration fee	10€
Payment after 5 th of January	+10€

The return of participation fee is not possible.

WEIGHT AND AGE CATEGORIES (POWERLIFTING):

Competitors can apply for all weight and age categories, stated in the IPF Technical rulebook. Weigh-in will start 2 hours before the start 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 12th of January.

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.**

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.

GUESTS:

Competitors from other nations are welcome to join us at the championship, if their national federation allows them to do so. They will compete in a separate class called »Guests«. Medals will be awarded to the best 3 male guest and best 3 female guest lifters, according to their IPF points.

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 info@powerlifting.si.