

# 2012. Lithuanian Masters, open championship in benchpress

## 1. Place and Timetable

Competition will be held at Jonava city, in May 26<sup>th</sup>. Competition hall address: Jonavos sports center hall, Vasario 16-osios g. 1 A

## 26<sup>th</sup> May 2012 -Masters (all groups) championships

9:00 – 10:30 participant weight-in;

11:00 competition start

after end of competition – awarding ceremony.

## 2. Targets and Tasks

2.1. Popularization of powerlifting in Lithuania;

2.2. Popularization of healthy life style.

## 3. Championships management

Competition is organized by Lithuanian Powerlifting Federation in corporation with Jonavos sports center

Competition chief referee: Raimundas Linkauskas

Competition chief secretary: Benjaminas Žukovas

Competition technical director: Erlandas Petrauskas

## 4. Competition regulations

4.1. Participate in competition can all athletes and teams of Republic of Lithuania and from other countries.

4.2. Participants participate in IPF allowed equipment.

4.3. Athletes in opening ceremony of competition are eligible to wear national or team symbolic.

4.4. Competition is held by IPF rulebook.

4.5. If athlete is representing any team, the team is responsible for athlete during this competition.

4.6. Masters 1 (66 kg, 74 kg, 83 kg, 93 kg, 105 kg, 120 kg, +120 kg)., Man Masters 2 (74 kg, 83 kg, 93 kg, 105 kg, +105 kg). and Masters 3 (without categories winner by WILKS), woman categories 63 kg, +63 kg (categories winners by WILKS) categories for one age group for female athletes.

## 5. Competition result evaluation

Team results will be summed as one group) competition will be evaluated 6 best results. (one female)

<b>Place</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Team. P.</b>	<b>12</b>	<b>9</b>	<b>8</b>	<b>7</b>	<b>6</b>	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>

## 6. Awarding

In championship will be awarded with medals and diploma each weight category first three

place winners for each of these groups:, masters 1 (40+), masters 2 (50+),masters 3 (60+) and females.

## **7. Finance**

All expenses are financed by athletes team or any other organization or athlete himself (herself). Participation fee is amount of 30 LTL for each of participant. For participants which will fail to send application till end of application deadline, the participation fee will be 45 LTL for each participant.

## **8. Application to championship**

Team applications for competition can be sent to (choose one – most comfortable to you):

a) email: [jegosp@jegospasaulis.lt](mailto:jegosp@jegospasaulis.lt)

b) phone: +370 67769532;

Application deadline is till **May 19<sup>th</sup> 2012**.

Every participant is needed doctors permission to participate, if such permission is not present

at the weight in, athlete is responsible for his or hers health himself (herself).

## **9. Special notes**

In order to registrar to competition (at weight in), athlete is required to show some kind of legal

document – passport, national identity card or drivers license.