

Competition info

Entry fees: 85 € for the first entry + each additional entry 35 €

All athletes receive: Trophy + free competition T – Shirt + participation certificate

Competition equipment: 1 complete Eleiko sets on 1 platforms

Warm up equipment: 3 warm up sets

2 Scales for weigh-in

Registration: details will follow after entry deadline,

Schedule :

Friday 25 Sept : Squat UN & EQ (all athletes)

Weigh-in time. Weigh-in 11:00 – 12:30

Start Competition 13:00

Saturday 26 Sept : Bench UN & EQ (all athletes)

Weigh-in 07:30 – 09:00

Opening Ceremony 09:30 – 09:45

Start Competition 10:00

Sunday 27 Sept : Deadlift UN & EQ (all athletes)

Weigh-in 07:30 – 09:00

Start Competition 10:00