

CAPO Australian Powerlifting National Titles 18-19 August 2018



Information Sheet 1

Issued February 2018

www.capopowerlifting.com.au

- Venue:** Queensland Lions Club (approx 20km from Brisbane CBD)
133 Pine Road, Richlands QLD
- Transport:** Train – <https://translink.com.au> (approx. 35 mins)
Uber – <https://www.uber.com/en-AU/fare-estimate/> (\$29-\$39 from CBD)
Taxi – 13 32 22
- Enquiries:** Jamie Christensen 0448 822 954 or Andrea Sterns 0412 309 983
Look for the Event on Facebook to indicate interest
Entry forms will be via link on CAPO website
All lifters must be financial members of CAPO

TENTATIVE LIFTING SCHEDULE

- *The cut off for lifters will be division specific and it will be "first in best dressed".*
- *Daily lifting schedules will be determined and communicated AFTER entries have closed.*
- *The FB Event page will keep you updated on the number of spots available as the entry deadline gets closer.*

Saturday 18 August

WPC sanctioned	Bench Press (Raw & Equipped)	Women	All divisions
		Men	All divisions
	3-lift event (Raw, Classic Raw [with wraps] & Equipped)	Women	All divisions
		Men	Teen, Jnr divisions

Sunday 19 August

WPC sanctioned	3-lift event (Raw, Classic Raw [with wraps] & Equipped)	Men	Masters, Open divisions
-----------------------	--	-----	-------------------------

- Entries:** ALL lifters, regardless of age or division, MUST have posted a total at a CAPO competition since 1 September 2017.
Qualifying standards for **OPEN 3-lift competition entries ONLY** (see totals table below).

*** If you have been injured and not been able to compete in the last 12 months, please contact us if you wish to compete this year and consideration will be given on a case-by-case basis based on entries received. ***

- Closing Dates:** **Friday 20 July 2018**
Entries received after this date will incur a \$50 Late Entry Fee
Payment MUST be received with entry form

- Cost:** National Bench Press (Bench only) - \$80
National Powerlifting Competition (3 lift only) - \$100
Entry for 2 events - \$170
All lifters will receive a competition t-shirt, free of charge
Extra t-shirt - \$30 each

- Spectator fees:** FREE for spectators

PRESENTATION DINNER

Sunday 19 August Presentation Dinner – details to be confirmed

ACCOMMODATION

TBA

MEDALS will be presented under the following criteria:

1. This is a RAW PLUS meet – lifting raw is up to the individual.
2. OPEN competition by weight division does NOT use any formula... it's simply the weight on the bar.
3. Age coefficient will only be used when calculating the Overall Winners for Teen, Junior and Masters across all weight classes.
4. Glossbrenner will be used for OVERALL OPEN winner from the weight class winners, ie winner must win their weight class to be eligible.

RECORDS can be broken for **Raw, Classic Raw (Raw Plus), Single Ply, Multi Ply** and **age categories**.

AWARDS, TROPHIES and **MEDALS** to be presented at the **Presentation Dinner** on Sunday evening include:

- * Overall Winner Mens Open
- * Overall Winner Womens Open
- * Hall of Fame Inductee
- * Special lifter awards ... stay tuned for more detail

Saturday medal presentations will be conducted after the completion of lifting for:

OPEN Women, each weight division will award 1st, 2nd and 3rd medals

Overall Teen and Junior Winners, Men and Women will be based on age and Glossbrenner formula, placings - 1st, 2nd and 3rd

Sunday medal presentations will be conducted after the completion of lifting for:

OPEN Men, each weight division will award 1st, 2nd and 3rd medals

Overall Masters Winner, Men will be based on age and Glossbrenner formula, placings - 1st, 2nd and 3rd

MENS OPEN QUALIFYING TOTALS

	RAW	RAW plus wraps	SINGLE PLY	MULTI PLY
52kg	350	375	392.5	410
56kg	375	400	420	440
60kg	397.5	425	447.5	440
67.5kg	442.5	470	495	520
75kg	475	507.5	535	565
82.5kg	507.5	540	572.5	605
90kg	537	570	605	640
100kg	565	600	635	670
110kg	587.5	625	662.5	700
125kg	610	650	687.5	725
140kg	632.5	675	712.5	750
140+kg	650	690	727.5	775

WOMENS OPEN QUALIFYING TOTALS

	RAW	RAW plus wraps	SINGLE PLY	MULTI-PLY
44kg	190	205	217.5	230
48kg	210	225	240	255
52kg	227.5	245	262.5	280
56kg	245	265	282.5	300
60kg	260	280	300	320
67.5kg	287.5	305	327.5	350
75kg	297.5	320	345	370
82.5kg	312.5	335	362.5	390
90kg	322.5	345	372.5	400
90+kg	330	355	382.5	410