

CAPO Australian Powerlifting National Titles 17-18 August 2019



www.capopowerlifting.com.au

Information Sheet 1

Issued Feb 2019

Venue: Camp Wattle Grove, 59 Galvin Road, Wattle Grove WA 6107

Enquiries: Henry Day 0401 579 419 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 – check the list
<http://www.capopowerlifting.com.au/index.php/about/capo-members>

GENERAL INFORMATION

- Limited to a total of 110 lifters and it will be "first in best dressed" with division specific cut-offs for lifters.
- Daily lifting schedules will be determined and communicated **AFTER** entries have closed.
- This is a **RAW PLUS** meet – lifting raw is up to the individual.
- **RECORDS** can be broken for **Raw, Classic Raw (Raw Plus), Single Ply, Multi Ply** and **age categories**.

Saturday 17 August

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

Sunday 18 August

WPC sanctioned	3-lift event (Raw, Classic Raw [with wraps/sleeves] & Equipped)	Men	Masters, Open divisions
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Entries: ALL lifters, regardless of age or division, **MUST** have posted a total at a CAPO competition since 1 September 2018.
Qualifying standards for **OPEN 3-lift competition entries ONLY** (see totals table below).

Closing Dates: **Friday 26 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
Event t-shirt - \$40 each

Spectator fees: FREE for spectators

PRESENTATION DINNER

Sunday 18 August Presentation Dinner – details to be confirmed

ACCOMMODATION

CAPO Powerlifting have partnered **with International on the Water Hotel** to provide you with an exclusive discount off their Best Flexible Rate.

Call, email, or head to their website: www.internationalonthewater.com.au and use the Promo Code: CAPO to receive your discount.

P: 08 9429 8000. E: reservations@iotw.com.au 1 Epsom Ave, Ascot, WA 6104.

Promo Code: CAPO

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 Master's 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.

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

- * Overall Winner Men's Open and Women's Open
- * Masters Champions (Laurie Butler & Taylor Young Plaques) Men's & Women's
- * 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 & Junior (Men/Women) Winners, Overall Masters 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

*** 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. ***

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