

WPC AWPC Europeans, Powerlifting, Single-lifts Bench Press & Deadlift.

Categories: Male & Female, Teenage 13-15, 16-17, 18-19, 20-23, Open, Masters.

Entry: Is only possible through official country heads.

Entry fee: First entry per lifter €100 any additional entries €50 per individual.

Entry will open on March 1st & Closes April 1st.

Tentative Lifting Schedule -- Subject to change.

lifting will start on Thursday 25th to Sunday 28th.

This is only a preliminary schedule and maybe subject to changes if needed.

Day 1,

AWPC Powerlifting Equipped, Male & female, All age groups & categories.

WPC Powerlifting Equipped, Male & female, All age groups & categories.

WPC Powerlifting, Male & Female, Raw, Classic raw, All age groups & categories.

Day 2

AWPC Powerlifting Raw, Male & female,

All age groups & Categories.

Change: **AWPC Powerlifting, Classic raw, Female All age groups & Categories.**

Day 3

AWPC Powerlifting, Classic raw, Male, All age groups & Categories.

Day 4

AWPC, Bench press Single-lifts, Raw & Equipped, All age groups & categories.

WPC, Bench press Single-lifts, Raw & Equipped, All age groups & categories.

AWPC, Deadlift Single-lifts, Raw & Equipped, All age groups & categories.

WPC, Deadlift Single-lifts, Raw & Equipped, All age groups & categories.

All weigh-ins will take place the day before you lift. There will be 2 weigh-in times per day.

Weigh-in Schedule:

9.00am - 10.00am & 4.00pm - 5.00pm

24th = Day 1 lifters.

25th = Day 2 lifters.

26th = Day 3 lifters.

27th = Day 4 lifters, Single -lifts Bench press Deadlift WPC AWPC lifters.

Venue: Southside Barbell.

The competition will be held in two adjoining units: The warm-up area will be in Southside Barbell, a fully equipped, 6500 sq. foot gym/powerlifting lifting club equipped with the best of equipment.

The main platform will be in the adjoining unit, the Fit factory, also 6500 sq foot in size.

There will be hot food & refreshments available on all days at the venue.

There are plenty of hotels within 10 minutes of the venue. The city center is only 10 mins from the venue, with plenty of restaurants & bars. Tesco, Dunes, Aldi are all only a 5 minute drive from the venue.

Hotel information to follow!

Airports: distance from Venue:

Shannon - 20 Minutes.

Cork - 90 Minutes.
Dublin - 120 Minutes.