

Timetable and further information for the GPU-DM 2018

Membership meeting:

Friday, 16.02.2018 starting 16.00 Uhr

Weigh-in:

FIRST find out your settings for the Monolift and Rack, THEN go for the weigh-in!

Friday, 16.02.2018 6.00-8.00 pm

Saturday, 17.02.2018 8.00-09.30 am

Timetable, Saturday 17.02.2018

Begin 10.00 am:

1. Powerlifting all 3 flights squat, 5 min break between groups
2. 10 min break
3. Powerlifting all 3 flights bench press, 5 min break between groups
4. 10 Min break
5. Powerlifting all 3 flights deadlift
6. 15 min break after Powerlifting
7. Bench Press, single lift, all 3 flights
8. 15 min break after Bench Press
9. Deadlift, 1 flight only
10. Awards ceremony will follow after final deadlift

Certificates for German records

Since a lot of printed record certificates were not claimed, we will put out a list, where those who set a German record (GPU-members only) AND are willing to wait for the certificates AFTER the awards ceremony can put their name down. All others who set records can contact us by mail and will receive them as pdf-file.

Best-Lifter awards:

Die The following „Best-Lifter“-awards will be handed out:

Powerlifting:

- Women (all)
- Men, Classic raw, open and younger
- Men, Classic raw, Master
- Men, Raw, open and younger
- Men, Raw, Master

Bench press:

- Women (all)
- Men, Classic raw (all)
- Men, Raw, open and younger
- Men, Raw, Master
- Men, equipped

Deadlift:

- Women (all)
- Men (all)