

BRITISH POWERLIFTING ORGANISATION

EST. 1994

“Lavieville”, Field Way, Tongham, Farnham, Surrey. GU10 1BQ Great Britain

Tel: 0044 (0) 7770 757321

E-mail: davidtcarter@live.co.uk

www.britishpowerliftingorganisation.co.uk

2012 BRITISH CHAMPIONSHIPS OPEN INTERNATIONAL POWERLIFTING, BENCH PRESS & DEAD LIFT

DATES: 21st & 22nd April

VENUE: Connaught Leisure Centre, Tongham Road, Aldershot, Hampshire GU12 4AS England

Meet Director: David Carter (07770 757321)

TWO DAY SCHEDULE

Scheduled “Flights” may change according to weigh-in of competitors

<u>FRIDAY</u>	10.30 hours to 12.00 hours	Weigh-in for Saturday Powerlifters, Bench Press & Dead Lifter
20 th April	16.00 hours to 17.30 hours	Weigh-in for Saturday Powerlifters, Bench Press & Dead Lifters
<u>SATURDAY</u>	08.30 hours to 10.00 hours	Final Weigh-in for Saturday Powerlifters, Bench Press & Dead Lifters
21 st April	10.00 hours	Opening Ceremonies
	10.30 hours	Competition Starts
	10.30 hours to 12.00 hours	Weigh-in for Sunday Powerlifters, Bench Pressers & Dead Lifters
	15.00 hours to 16.30 hours	Weigh-in for Sunday Powerlifters, Bench Pressers & Dead Lifters
	17.00 hours	Presentations
<u>SUNDAY</u>	08.30 hours to 10.00 hours	Final Weigh-in for Powerlifters, Bench Pressers & Dead Lifters
22 nd April	10.30 hours	Competition Starts
	16.00 hours	Presentations and Closing Ceremony

POWERLIFTING, BENCH PRESS & DEAD LIFT FLIGHTS

SATURDAY - All Women's Classes & Categories AND Men's up to 100 kg

21st April

1st Flight 10.30 hours All Women's & Men's Classes & Categories

2nd Flight 11.15 hours All Men's Classes & Categories.

3rd Flight 12.00 hours All Men's Classes & Categories

If more than 15 athletes the flight will be split in to two flights

There will be a 30-minute break after completion of all flights Squats and after all flights Bench Press.

POWERLIFTING, BENCH PRESS & DEAD LIFT FLIGHTS

SUNDAY - All Men's Classes & Categories 110kg to 140+kg.

22nd April

1st Flight 10.30 hours All Men's Classes & Categories.

2nd Flight 11.15 hours All Men's Classes & Categories

If more than 15 athletes the flight will be split in to two flights

There will be a 30-minute break after completion of all flights Squats and after all flights Bench Press.

The BPO and Meet Director reserve the right to modify the above after entry closing date and weigh-in.

- Fortis Est Potentia -

Affiliated to the World Powerlifting Federation and the European Powerlifting Congress

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OFFICIALS:

Master of Ceremonies: Allison Hough, David Carter

Platform Manager: Greg Ashford

Platform Crew: Adam Jones, Danny Wingate, Trevor Kent

Marshall: Andrew Shipman

Scoreboard: Lee Hough

Time Keeper: Mo Green, Ruth Drury

Concierge: Phyllis Carter

Technical Officer: Robert Campbell

British Records Registrar: Dave Tickle

REFEREES:

Allison Hough, Robert Campbell, David Carter, Hamish Davidson,

Dean Drury, Frank Heaton, Dave Tickle, Nigel Wilding, Ken Williams

POWERLIFTERS NOTICE

PLEASE DO NOT!

Drop the bar or weights.

Use talcum powder.

Apply pool chalk for Dead Lift or chalk for hands anywhere but on sheets provided.

Use any bars without using the collars at all times.

Use illegal lifting apparel.

Use equipment, bars or weights off the warm-up platforms.

PLEASE DON'T FORGET!

To submit your attempt card, to the MC table within one minute of your last attempt. If you fail to submit your attempt and had failed your previous attempt, you will be allocated the same weight. If successful you will be allocated 2.5 kg more on the bar only.

If you are making a record attempt, you must inform the MC at the same time you submit your attempt.

If you are successful with your record attempt, you must present yourself to the Chief Referee for inspection of all your lifting attire.

When your name is called, you have one minute to commence your lift.

Should you have any technical questions, please ask the Technical Officer, Bob Campbell.

COMMON MISTAKES

Using a padded belt, two loops or not to specification

Having lifting suits legs beyond mid thigh.

Not having shoulder straps up on suits on all lifts.

Not having socks up to knees on dead lift.

Not making one self aware of lifting procedures, like referees signals.

Not putting subsequent attempts within one minute after previous lift.

Starting too heavy on opening attempt.

Under briefs extending beyond navel and/or legs protruding beyond lifting suit.

Socks touching knee wraps.

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