



**APPROVED**

**«06» February 2014**

President FPU RAW 100

S.A. Tretyak.



## **Provisions of the Animal Tournament, Odessa 27.04.14**

The competition will be held on 27 April, 2014 in the Wellness SPA Formula, Chaikovsky Line 12, Odessa, Ukraine. Preliminary Schedule: 18 April, 2014. Final Divisional Schedule: After Weight-In. Weight-In: April 26, 2014; 5:00 pm – 6:30 pm  
Referee Seminar: April, 26, 2014; 7:00 pm

For detailed information please visit:

[www.RawPowerlifting.com.ua](http://www.RawPowerlifting.com.ua),

<http://vk.com/raw100> or by phone + 38 0636186688

Sponsored by: **PowerGym** Odessa <http://powergym.od.ua/>

### **Bench Press and Strict Curl**

**Entry Fee 200 UAH**

Athletes can compete in the following categories:

60, 67.5, 75, 82.5, 90, 100, 110, 110, 110+ kg (more then 5 sportsmen in category + category\*)

Participation will be in the following age categories:

- A) Youth /Adolescents: 12-13, 14-15,16-17, 18-19 year old
- B) Juniors: 20-24 year old
- C) Sub-Masters: 35-39 year old
- D) 25-29 30-34 (available exactly with open category)
- E) Masters: 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+

Ladies may participate in the absolute championship only according to the Malone Formula  
Exercises repetitions championship will be held within the following competitions: Bench Press, Dumbbell Bench press, Squats, Bicep Curls

All those wishing to participate in these events will pay an entry fee of 5\$ and all winners receive prizes. Accepted applications with demonstration exercise proposals, as well as their include to the tournament.

### **Rewarding Applications:**

Athletes who place 1st-3rd in the open category will be awarded with medals and certificates (diplomas). In the Age Categories those who place will be awarded diplomas.

**Preliminary applications can be submitted online at <http://rawpowerlifting.com.ua/>**

**All entries are due by: April 15, 2014**

All participates must have a passport or athlete's identity document; as well as a doctor's admission to compete.