

## 3rd International German Masters Weightlifting Open 03.– 04. February 2024 / Potsdam

*For Masters and Adaptive Weightlifters born 1994 and older*

**Organizer:** Athletik Club Potsdam e.V. / German Masters Weightlifting

**Host:** Athletik Club Potsdam e.V.

**Venue:** Athletik Club Potsdam e.V.  
Haeckelstr. 76  
14471 Potsdam

**Registration:**

<u>German Athletes:</u>	via BVDG portal
<u>International Athletes:</u>	via Email to <a href="mailto:mastersport@bvdg-online.de">mastersport@bvdg-online.de</a> (please see registration form attached, page 3)
<u>Adaptive Athletes:</u>	via Email to <a href="mailto:mastersport@bvdg-online.de">mastersport@bvdg-online.de</a> (please see registration form attached, page 4)
<u>Registration fee:</u>	EUR 50,00 (non-refundable) / to be paid until Januar 15, 2024 to

**BVDG Masters**  
**IBAN: DE53 6709 2300 0033 0401 64**

***All Nationalities are welcome. Please note that international athletes  
have to provide written approval by their national masters body.***

Final registration: January 13, 2024.

***The maximum number of athletes will be 110 lifters.***

***"First come, first serve"-principle will be applied.***

**Schedule:** The final competition schedule will be produced after the final date of registration in accordance to the number of athletes registered.

Preliminary Schedule (subject to change):

Saturday, February 2: M85 – M50 / W75 – W50

Sunday, February 3: M45-M30 / W45 – W30

**Awards:** Medals will be awarded for rank 1-3, Awards for Best Lifter of tournament (male/female) in relation to SMF / SHMF points.

**Travel:** The airport Berlin Brandenburg is not far away. There are hourly trains going from the airport into Potsdam from Terminal 1 and 2.

The bus and tram stops *Im Bogen/Zepplinstraße* and *Kastanienallee/Zepplinstraße* are the nearest stops (650m/500m).

**Accommodation:** <https://www.potsdam-tourism.com/en/plan-your-stay/accommodation>

**Contact:** [mastersport@bvdg-online.de](mailto:mastersport@bvdg-online.de)

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### **Competition Modus:**

All groups will be lifting in accordance with the IWF TCRR and the IMWA Masters Rulebook.

Adaptive Athletes: Adaptive Categories:

- Deaf or hearing
- Blind or visually impaired
- Intellectually disabled
- Amputee
- Limited Range of Motion
- (wheelchair)

- ***Please note that access to the stage will be via 2 stair steps! –***

The rules for adaptive weightlifting of the IMWA will apply (please see attached).

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**Registration Form International Athletes**

Please email this form with a confirmation of payment of entry fee and a letter of approval by your national governing masters body to [mastersport@bvdg-online.de](mailto:mastersport@bvdg-online.de) until January 13, 2024.

<b>Full Name (in capital letters):</b>	
<b>Country:</b>	
<b>Date of Birth:</b>	
<b>Gender:</b>	
<b>Age Group:</b>	
<b>Bodyweight Category:</b>	
<b>Entry Total:</b>	

<b>Email Address:</b>	
<b>Telephone Number:</b>	

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<b>Full Name (in capital letters):</b>	
<b>Country:</b>	
<b>Date of Birth:</b>	
<b>Gender:</b>	
<b>Age Group:</b>	
<b>Bodyweight Category:</b>	
<b>Entry Total:</b>	

<b>Email Address:</b>	
<b>Telephone Number:</b>	

**Adaptive Weightlifting Category (please check as applicable):**

- Deaf or hard of hearing
- Blind or visually impaired
- Intellectually disabled
- Amputee
- Limited Range of Motion
- Athlete of Short Stature (Dwarf)
- [Wheelchair (please note that there are stairs leading up onto the stage!)]

Description of the athlete's disability to support the performance of the actual competition in the SNATCH + CLEAN & JERK:

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Description of any assistive devices that will be provided by the athlete: (Ex, prosthesis, wheelchair, brace, straps...)

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Description of any assistive devices that may need to be provided by the competition director. (Ex, blocks, platform protective mat, ...)

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