
IPO WORLD

POWERLIFTING & BENCH PRESS

CHAMPIONSHIPS

VILLA MARÍA, CÓRDOBA. ARGENTINA

SEPTEMBER 11-14, 2014



REGISTRATION: www.aap-powerlifting.com.ar (until August 15)

CONTACT: info@aap-powerlifting.com.ar

AMERICAN VILLA MARÍA PARK HOTEL

RUTA NAC. 158 KM. 156 - 5900 VILLA MARÍA. CÓRDOBA. ARGENTINA

- Powerlifting: \$100
- Bench Press: \$100
- Powerlifting and Bench: \$150
- Any combination of 2 categories (Open & Junior, etc): \$150

Rooms: Double Twin Standard U\$S 83

The Standard rooms were designed to provide the necessary comfort for those passengers travelling for business or pleasure. The rooms are equipped with a desk, two comfortable beds of 1m x 2m. With exclusive design, they are equipped with minibar, safety box, 32" LCD TV and Wi-Fi Internet connection.

Lifting/Weigh in Schedule

THURSDAY 11 SEPTEMBER

10:00 AM – 1:00 PM

WEIGH-IN BENCH PRESS

All men and women, all ages and weight classes.

05:00 PM

REFEREES MEETING

6:00 PM – 7:00 PM

WEIGH-IN BENCH PRESS

All men and women, all ages and weight classes.

FRIDAY 12 SEPTEMBER

09:30 AM

OPENING CEREMONY

10:00 AM

COMPETITION BENCH PRESS

All men and women, all ages and weight classes.

10:00 AM – 1:00 PM

WEIGH-IN POWERLIFTING

All women, all ages and weight classes.

All Open, teenager, junior, sub-master, master all ages and weight classes.

All men, all ages and weight classes 52 kg to 82,5 kg.

All Open, teenager, junior, sub-master men and master.

6:00 PM – 8:00 PM

WEIGH-IN POWERLIFTING

All women, all ages and weight classes.

All Open, teenager, junior, sub-master, master all ages and weight classes.

All men, all ages and weight classes 52 kg to 82,5 kg.

All Open, teenager, junior, sub-master men and master.

SATURDAY 13 SEPTEMBER

09:00 AM – 12:00 PM

WEIGH-IN POWERLIFTING

All 90kg to +140kg open, teenager, junior, sub-master and master men.

10:00 AM

COMPETITION POWERLIFTING

All women, all ages and weight classes.

All Open, teenager, junior, sub-master, master all ages and weight classes.

13:00 PM

COMPETITION POWERLIFTING

All men, all ages and weight classes 52 kg to 82,5 kg.

All Open, teenage, junior, sub-master and master men.

5:00 PM – 6:30 PM

WEIGH-IN POWERLIFTING

All 90kg to +140kg open, teenager, junior, sub-master and master men.

SUNDAY 14 SEPTEMBER

10:00 AM

COMPETITION POWERLIFTING

All 90kg to +140kg open, teenager, junior, sub-master and master men.

8:00 PM – BANQUET/CHAMPION OF CHAMPION CEREMONY

U\$S 20 Per person.

Confirm registration championship.