



WORLD CHAMPIONSHIPS

GPA RAW

IPO EQUIPPED 2023

**POWERLIFTING, BENCH PRESS,
BENCH PRESS PHYSICAL DISABILITIES,
PUSH PULL & DEADLIFT CHAMPIONSHIPS**

ITANHAÉM, SP-BRASIL

09 TO 12 NOVEMBER 2023

**POWERLIFTING
WORLD
CHAMPIONSHIP
GPA/IPO**

**DATE | 09 TO 12 | NOVEMBER
2023**

**BAIXADA SANTISTA / SP
BRASIL**

APOIOS

CICLO **PLBR**
PREFEITURA DE
ITANHAÉM

GPA **IPO** **A.S.U.C.E.P.O.** **CEP**

REGISTRATION: plbrbrasil@gmail.com (until October, 09)

COMPETITION:

Itanhaém Iate Clube

R. Sebastião das Dores, 29- Prainha, Itanhaém, SP-Brasil

REGISTRATION VALUE:

- U\$D 100 (Single category or Powerlifting or BenchPress or Push Pull or Deadlift)
- U\$D 150 (Two category Open y Master, etc.)

WEIGH-IN SCHEDULE

THURSDAY, NOVEMBER 09

11:30 – 13:00 hs.

WEIGH-IN POWERLIFTING RAW & EQUIPPED.

(WOMEN, ALL AGES AND WEIGHT CLASSES)

(MEN, ALL AGES AND WEIGHT CLASSES TO 82,5 KG)

16:00 – 17:00 hs.

WEIGH-IN POWERLIFTING RAW & EQUIPPED.

(WOMEN, ALL AGES AND WEIGHT CLASSES)

(MEN, ALL AGES AND WEIGHT CLASSES TO 82,5 KG)

20:00 hs.

TECHNICAL CONGRESS.

FRIDAY, NOVEMBER 10

11:00 – 13:00 hs.

WEIGH-IN POWERLIFTING RAW & EQUIPPED.

(MEN, ALL AGES AND WEIGHT CLASSES 90KG TO +140KG)

16:00 – 17:00 hs

WEIGH-IN POWERLIFTING RAW & EQUIPPED.

(MEN, ALL AGES AND WEIGHT CLASSES 90KG TO +140KG)

SATURDAY, NOVEMBER 11

09:30 – 11:00 hs.

WEIGH-IN BENCH PRESS, PUSH PULL & DEADLIFT RAW & EQUIPPED.

(ALL MEN AND WOMEN, ALL AGES AND WEIGHT CLASSES)

15:30 – 17:00 hs.

WEIGH-IN BENCH PRESS, PUSH PULL & DEADLIFT RAW & EQUIPPED.

(ALL MEN AND WOMEN, ALL AGES AND WEIGHT CLASSES)

LIFTING-IN SCHEDULE

FRIDAY, NOVEMBER 10

09:00hs.

OPENING CEREMONY.

10:00 hs.

COMPETITION POWERLIFTING RAW & EQUIPPED.

(WOMEN, ALL AGES AND WEIGHT CLASSES)

(MEN, ALL AGES AND WEIGHT CLASSES TO 67,5KG)

14:00 hs.

COMPETITION POWERLIFTING RAW & EQUIPPED.

(MEN, ALL AGES AND WEIGHT CLASSES 75KG TO 82,5KG)

SATURDAY, NOVEMBER 11

10:00 hs.

COMPETITION POWERLIFTING RAW & EQUIPPED.

(MEN, ALL AGES AND WEIGHT CLASSES 90KG AND 100KG)

14:30 hs.

COMPETITION POWERLIFTING RAW & EQUIPPED.

(MEN, ALL AGES AND WEIGHT CLASSES 110KG AND +140KG)

SUNDAY, NOVEMBER 12

09:30 hs.

COMPETITION BENCH PRESS RAW & EQUIPPED .

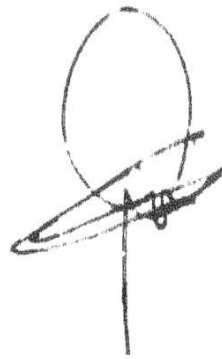
(ALL MEN AND WOMEN, ALL AGES AND WEIGHT CLASSES)

13:00 hs.

COMPETITION PUSH PULL & DEADLIFT RAW.

(ALL MEN AND WOMEN, ALL AGES AND WEIGHT CLASSES)

SCHEDULE SUBJECT TO CHANGE

A handwritten signature in black ink, consisting of a large, stylized 'L' shape with a horizontal stroke across the middle and a vertical line extending downwards from the center.

Leonardo Cavaglia

GPA /IPO President