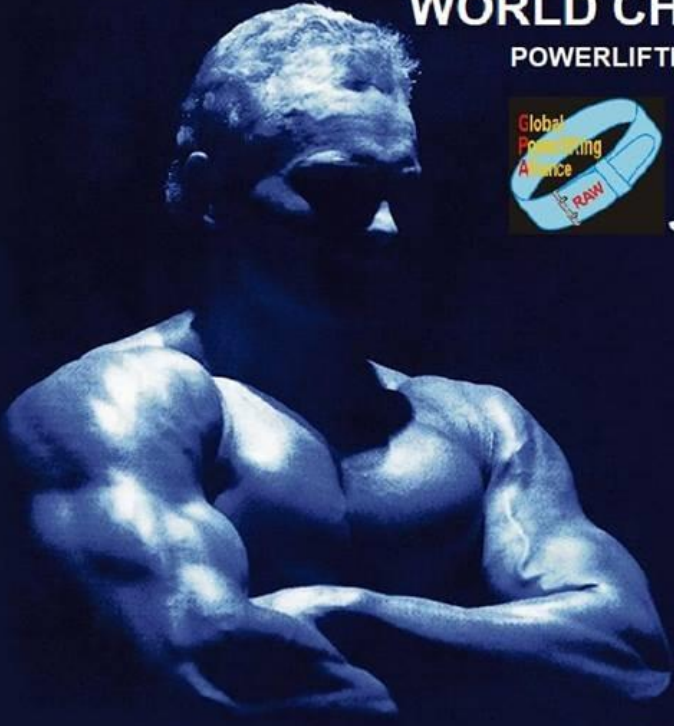

WORLD CHAMPIONSHIP GPA/IPO 2019


**POWERLIFTING, PUSH PULL,
DEADLIFT & BENCHPRESS**

FLORIANÓPOLIS, BRAZIL

NOVEMBER 07 TO 10, 2019




WORLD CHAMPIONSHIP GPA/IPO 2019
POWERLIFTING, PUSH PULL, DEADLIFT, BENCH PRESS
November 07-08-09-10
- BRAZIL -

TRIBUTE TO THE LEGEND
JÓN PÁLL SIGMARSSON

**THERE IS NO REASON
TO BE ALIVE IF YOU
CAN'T DO DEADLIFTS**

I'm a viking!



REALIZAÇÃO:


REGISTRATION

In the web site of **ASUPO – ALIANZA SUDAMERICANA POWERLITING**, from [here](#).

COMPETITION

Hotel MAR DE CANASVIEIRAS - Av. Madre Maria Vilac 2017, Canasvieiras. Florianópolis, Brasil.

DISTANCES:

- 35 km Aiport International Hercílio Luz (FLN), Florianópolis
- 50 m from the sea
- 1,5km from the Luiz Henrique da Silveira Event Center
- 7 km from Jurere International
- 500 m from the commercial center of Canasvieiras
- 10 km from the English beach
- 8 km from the brava beach
- 17 km ACM Events Center

REGISTRATION VALUE

- U\$D 150 (Single category or Powerlifting or BenchPress or Push Pull or Deadlift)
- U\$D 200 (Two category Open and Master, etc)

ACCOMMODATION



Hotel in Florianopolis located only 100 meters from the beach, the Sea of Canasvieiras Hotel & Eventos has 2 categories of apartments located in different towers: standard apartments (tower Mar del Plata and Torre Victória Palace) and luxury (Tower Mar de Canasvieiras). The hotel offers a restaurant with breakfast service (Buffet), rooftop swimming pool with sea view and games room. At the reception you will find the living room, business center and agency. All apartments and social areas have free WI-FI 512kb internet.

[>> Reservations here <<](#)

WEIGH-IN SCHEDULE

➤ **WEDNESDAY, NOVEMBER 6**

11:00 – 13:00 hs.

WELCOME DELEGATION.

WEIGH-IN POWERLIFTING & BENCH PRESS EQUIPPED.

WEIGH-IN PUSH PULL & DEADLIFT EQUIPPED.

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

17:00 – 19:00 hs.

WEIGH-IN POWERLIFTING & BENCH PRESS EQUIPPED.

WEIGH-IN PUSH PULL & DEADLIFT EQUIPPED.

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

➤ **THURSDAY, NOVEMBER 7**

11:30 – 13:00 hs.

WEIGH-IN POWERLIFTING RAW.

(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.

(WOMEN, ALL AGES AND WEIGHT CLASSES)

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

20:00 hs.

TECHNICAL CONGRESS.

➤ **FRIDAY, NOVEMBER 8**

11:00 – 13:00 hs.

WEIGH-IN POWERLIFTING RAW.

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

16:00 – 17:00 hs.

WEIGH-IN POWERLIFTING RAW.

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

➤ **SATURDAY, NOVEMBER 9**

09:30 – 11:00 hs.

WEIGH-IN BENCH PRESS, PUSH PULL & DEADLIFT RAW.
(ALL MEN AND WOMEN, ALL AGES AND WEIGHT CLASSES)

15:30 – 17:00 hs.

WEIGH-IN BENCH PRESS, PUSH PULL & DEADLIFT RAW.
(ALL MEN AND WOMEN, ALL AGES AND WEIGHT CLASSES)

LIFTING-IN SCHEDULE

➤ **THURSDAY, NOVEMBER 7**

09:00hs.

OPENING CEREMONY

10:00 hs.

COMPETITION POWERLIFTING EQUIPPED.
(ALL MEN AND WOMEN, ALL AGES AND WEIGHT CLASSES)

14:00 hs.

COMPETITION BENCH PRESS, PUSH PULL & DEADLIFT EQUIPPED.
(ALL MEN AND WOMEN, ALL AGES AND WEIGHT CLASSES)

20:00 hs.

AGM (ANNUAL GENERAL MEETING).

➤ **FRIDAY, NOVEMBER 8**

10:00 hs.

COMPETITION POWERLIFTING RAW.
(WOMEN, ALL AGES AND WEIGHT CLASSES)
(MEN, ALL AGES AND WEIGHT CLASSES TO 67,5KG)

14:00 hs.

COMPETITION POWERLIFTING RAW.
(MEN, ALL AGES AND WEIGHT CLASSES 75KG TO 82,5KG)

➤ **SATURDAY, NOVEMBER 9**

10:00 hs.

COMPETITION POWERLIFTING RAW.
(MEN, ALL AGES AND WEIGHT CLASSES 90KG AND 100KG)

14:30 hs.

COMPETITION POWERLIFTING RAW.
(MEN, ALL AGES AND WEIGHT CLASSES 110KG AND +140KG)

➤ **SUNDAY, NOVEMBER 10**

09:30 hs.

COMPETITION BENCH PRESS RAW.
(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**

Rafael Crestani
President GPA IPO Brazil

Leonardo Cavaglia
President ASUPO

Mauro Spinardi
Technical Officer/Chief Referee