



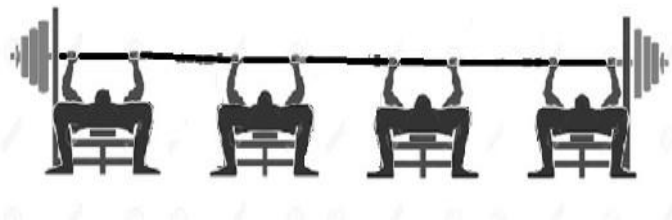
**17 Maart 2018**

# **“UNEQUIPPED OPEN”**

**National Championship**

**SQUAT / POWERLIFTING**

**1ste International Team bench**



**Venue: 't Fort van Merksem, Fortsesteenweg 2170 Merksem**

**Weighing 9.30h - 11.00h / Wedstrijd/competition 11.30h**

**Entree deadline 17 Feb 2018**

**Entree fee 30€ ( 2 drinks included )**

## **Tips and rules .**

- Only Unequipped international records can be set or broken.**
- Single Squat – Powerlifting –Single Bench**
- Team-bench exist max 4 athletes**
- a Team can participate as gym or as nation**
- best bench is switch to points**
- When a team has 7 lifters for example they can make a team of 4 and one of 3.**

**The best 4 performances will be in team 1**

**The team with the most points wins.**