



4th International German Masters Weightlifting Open

31. January – 02. February 2025 / Potsdam

For Masters and Adaptive Weightlifters born 1995 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: Opening date of registration: 15 October 2024

German Athletes: via BVDG portal

International Athletes: via Email to mastersport@bvdg-online.de
(please see registration form attached, page 3)

Adaptive Athletes: via Email to mastersport@bvdg-online.de
(please see registration form attached, page 4)

Registration fee: EUR 55,00 (non-refundable) / to be paid until
Januar 20, 2025 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 17, 2025.

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):

Friday, January 31: M85-M50 / W75-W50
Saturday, February 1: M45 – M40 / W45 – W40
Sunday, February 4: M35-M30 / W35 – 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/Zepelinstraße* and *Kastanienallee/Zepelinstraße* are the nearest stops (650m/500m).

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

Contact: mastersport@bvdg-online.de

Competition Modus:

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

Adaptive Athletes: The rules for adaptive weightlifting of the IMWA will apply. The relevant adaptive categories shall apply (please see page 4).

- ***Please note that access to the stage will be via 5 stair steps! –***



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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 until January 17, 2025.

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

Email Address:	
Telephone Number:	



4th International German Masters Weightlifting Open –

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Registration Form Adaptive 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

until January 17, 2025.

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

Email Address:	
Telephone Number:	

Adaptive Weightlifting Category (please check as applicable):

- Athletes who are deaf, deafened, or hard of hearing
- Athletes with visual impairment
- Athletes with intellectual impairment
- Athletes with limb deficiencies – no prothesis
- Athletes with limb deficiencies – with prothesis
- Athletes with limited range of motion or joint instability
- Athletes of short stature
- [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:

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

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