

## 3rd Stronggirls Japan

# STRENGTH FESTIVAL

## Event Information

Women Only Powerlifting Event  
SQUAT/ BENCH PRESS/ DEADLIFT

### Hosted by

Barbell Radio Company  
Stronggirls Japan

### Date/ Time

2024 Sep 14~15日 (Sat/ Sun)  
Event Starts 11:30 (Weigh ins 9:30-)  
Event Finishes 19:00

### Venue

Hypermix Monzennakacho  
1-13-12 Monzennakacho, Koto-ku Tokyo City  
Imin walk from Monzennakacho Station on the  
Tosai line (Exit 3)& Oedo Line (Exit 6)

### Registration

Pre-Registration: 2024 July 7 10:00 ~ July 14 23:59  
Official Registration: July 14 10:00 ~ August 15 23:59  
※Spots are expected to fill up fast. To secure your spot, you can  
take advantage of the pre-registration option for a nominal fee.

Register by filing out the form on Barbell Radio Website

Payment: Card or Bank Transfer

※The schedule will be uploaded after the registration closes  
※Up to 80 athletes can compete. If spots fill up, the registration  
will be closed

### Fee

Athletes Pre-Registration 13,000yen  
Official Registration 11,000yen

All registered athletes will receive an original event T-shirt,  
professional competition photo (data) and other products from our  
sponsors

Handlers& Spectators 1,500yen

- Pay cash at the door
- If athletes want to come on the day they are not competing, it will be 500 yen at the door
- Free for children under the age of 5

### Rules

Three attempts of the Squat, Bench Press and Deadlift. Competing with the total of the three lifts.

The rules will be based of the Japanese Powerlifting Association (or IPF) rule book, however the rules will be added for this event

- Powerlifting singlets are recommended however, not mandatory. The athletes will be allowed to wear a T shirt, and fitted shorts (or compression shorts)
- Athletes must weigh in before the competition however there will be no weigh classes
- The schedule will be as follows;

Day 1 (Morning session & Evening session)

Day 2 (Morning session & Evening session)

The groups will be decided and uploaded once registrations are closed

※This is an unofficial event, so your record will not be an official record

### Equipment

Rack & Bar: ELEIKO (New Version)

Weight Plate: Not Decided

- This event is beginner friendly, and we enthusiastically invite first-time competitors to join us! Our primary aim is to inspire and empower women to get involved in the sport of powerlifting.
- Food and drinks will be sold at the venue
- There will be games during the break that spectators can participate in

### ANY Questions, Contact Us



@stronggirls.japan



info@barbellradio.com



www.barbellradio.com