



Event Information

HOSTED BY

BARBELL RADIO COMPANY LIMITED
STRONGIRLS JAPAN

DATE/ TIME

2025 January 15th (Sunday)

Competition Starts: 11:00

Weigh ins: 9:30-

Competition Ends: 18:30

VENUE

Powerflash Arena (*Hakufu Medical School*)

14-chome 12-11 Uozumicho, Nishikigaoka,
Hyogo Prefecture

5 min walk from JR 'Uozumi Station'

ATHLETE REGISTRATION

<Registration Period>

Early Entry

For residents that has an address in Kinki,
Chugoku, Shikoku Region

Registration Opens: 2024 Nov 12 (TUE) 10:00

Registration Closes: 2024 Nov 18 (MON) 23:59

Official Entry

Open to everybody

Registration Opens: 2024 Nov 19 (TUE) 10:00

Registration Closes: 2024 Dec 19 (THU) 23:59

※The registration will automatically close when
40 athletes sign up

Registration Sign up with an online form on the
Barbell Radio website

※The schedule & athlete list will be uploaded
once registration is closed

FEE

Athletes 11,000YEN (incl. tax)

The athletes will receive an event T shirt, gifts from our
sponsors, and photos taken by a professional
photographer

Spectators/ handlers 1,500YEN (incl. tax)

- Pay cash at the door
- Free for children under the age of 5

RULES

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)
- If your attempt selection is over 20 kg, you must
use a 20kg barbell, however if it is under 20kg you
will be allowed to use a 15kg barbell.
- The athletes must weigh in before the competition
however there will be no weigh classes. The Best
Lifter award will be given to those who has the
highest total relative to you weight

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

EQUIPMENT

Not confirmed yet

お問い合わせ



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