

# STRENGTH FESTIVAL

## EVENT INFORMATION

WOMENS ONLY POWERLIFTING EVENT  
SQUAT/ BENCH PRESS/ DEADLIFT

### DATE/ TIME

2023 November 3rd (Fri/ Public Holiday)

Event Starts 10:00

Expected to End 17:00

### Location

#### PRagmatic Academy

5min walk from Kannai Station  
On JR and Yokohama Subway Blue Line

Address: Kanagawa Prefecture, Yokohama  
City Naka-ku Yoshi Sumiyoshi- Cho 2 Chome  
24 KY Bill B1

### Registration

Deadline: 2023 SEP 3~ 2023 OCT 3

Register on

Barbell Radio Official Site

Book under "Stronggirls Japan" tab

Ask me any questions regarding entry as it will  
only be displayed in Japanese

We will close the registration early if 40 participants  
register (so register quickly!)

### Fee

Athletes: 10,000 YEN per person

Spectators: 1,500 YEN per person

Spectators pay cash at the venue

Free for children under age 5

Athletes will receive Stronggirls Event T-Shirt,  
photo data taken by a professional cameraman  
and other products from our sponsors

### 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)
- 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

### ANY questions, Contact Me!

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info@barbellradio.com

www.barbellradio.com