



CONFEDERAÇÃO BRASILEIRA DE LEVANTAMENTOS BÁSICOS  
"POWERLIFTING"

Filiada à I.P.F. International Powerlifting Federation  
Filiada à FESUPO Federação Sulamericana de Potência  
C.N.P.J. n° 02.892.106/0001-72



---

Rua Frei Caneca, 430, conjunto 12, sala B, Bela Vista, CEP 01307-000, São Paulo - SP  
Tele fax (55-11) 3256-2432 mail [powerbrazil@uol.com.br](mailto:powerbrazil@uol.com.br)

## ARNOLD SPORTS FESTIVAL SOUTH AMERICA 2020 24.-26. April

### Rogue Classic Powerlifting Grand Prix Arnold King of Bench Press (bench press raw and equipped) Arnold Challenger Powerlifting Equipped

**Venue :**

Expo Center Norte

Rua José Bernardo Pinto, 333 - Vila Guilherme, São Paulo - SP, 02055-000

**Please note:** all information is posted for information purposes only. All team selections, all official entries for the Championships must be done by IPF-Member nations, NOT by individuals.

**Meet Director:** Julio Conrado phone +5511954023128 e-mail: [powerbrazil@uol.com.br](mailto:powerbrazil@uol.com.br)

**Technical Secretary:** Julio Conrado phone +5511954023128 e-mail: [powerbrazil@uol.com.br](mailto:powerbrazil@uol.com.br)

**City:** São Paulo, Brazil

**Date:** April, 24th, 25th and 26th, 2020

#### HOTEL

The Arnold Festival South America has a system of hotels with closed prices, dealt directly with the hotel organizations:

<https://arnoldsouthamerica.com.br/visitar/>

#### Note 1 :

The organizer will not be responsible for any hotel bills of the participating nations. All delegates must pay directly their rooms to the hotel.

All the procedure for reservation and payment must be made by the Nations directly next to the chosen hotel.



# CONFEDERAÇÃO BRASILEIRA DE LEVANTAMENTOS BÁSICOS

## "POWERLIFTING"

Filiada à I.P.F. International Powerlifting Federation  
Filiada à FESUPO Federação Sulamericana de Potência  
C.N.P.J. nº 02.892.106/0001-72



Rua Frei Caneca, 430, conjunto 12, sala B, Bela Vista, CEP 01307-000, São Paulo - SP  
Tele fax (55-11) 3256-2432 mail [powerbrazil@uol.com.br](mailto:powerbrazil@uol.com.br)

### Arrivals/Departures/Transportation:

#### Arrivals/Departures by plane – Guarulhos Airport:

The organizer will not provide any transport. Each participant has to organize it's transport by him/herself.

**Flag and anthem:** Will be provided by the organizer.

**Participation Fee:** 70 € for each lifter must be paid by bank transfer to the CBLB bank account latest one day after the deadline of the final nomination. The invoice will be sent by the CBLB Treasurer.

**Anti-Doping Fee:** 60 € for each lifter must be paid by bank transfer to the CBLB bank account latest one day after the deadline of the final nomination. The invoice will be sent by the CBLB Treasurer.

**Opening Ceremony:** April 24th at 12:00 hours at the Venue. All representatives from each participating country shall take part at the Ceremony.

**Nominations:** Team nomination forms must be in the hands of the Meet Director ([powebrazil@uol.com.br](mailto:powebrazil@uol.com.br)) not later than:

**Preliminary:** **23rd February** (complete filled in preliminary form must be sent. No final nomination will be accepted if complete filled in the preliminary was not sent).

**Final:** **03rd April** (later entries will not be accepted)

**Victory Ceremonies:** Will be held immediately after each lifting session. It is mandatory that each athlete wears their National Team Warm-up/Track Suit for the award presentation

## PROVISIONAL TIMETABLE

Date	TOURNAMENT	CLASSES	WEIGH In	START COMPETITION
April, 24th	Arnold King of Bench Press (bench press raw and equipped)	Session 1 – All Women and Men Classic	10:30-12:00	12:30 Classic
		Session 2 – All women and Men Equipped	all categories	14:30 Equipped
April, 25th	Rogue Classic Powerlifting Grand Prix	Session 1 – All Women	10:00-11:30	12:00
		Session 2 – All Men	13:00-14:30	15:00
April, 26th	Arnold Challenger Powerlifting Equipped	Session 1 All Women & Men	10:00 – 11:30	12:00



CONFEDERAÇÃO BRASILEIRA DE LEVANTAMENTOS BÁSICOS  
"POWERLIFTING"

Filiada à I.P.F. International Powerlifting Federation  
Filiada à FESUPO Federação Sulamericana de Potência  
C.N.P.J. nº 02.892.106/0001-72



Rua Frei Caneca, 430, conjunto 12, sala B, Bela Vista, CEP 01307-000, São Paulo - SP  
Tele fax (55-11) 3256-2432 mail [powerbrazil@uol.com.br](mailto:powerbrazil@uol.com.br)

**Important Items to Remember:**

Preliminary nomination forms must be sent not later than 60 days before the date of the Championship. Final nominations must be submitted no later than 21 days before the date of the Championship and must include only names from the preliminary nomination (i.e. only lifters from the preliminary nomination can be replaced by a substitute. No new nominations will be accepted).

According Technical Rules [Page 4, item 7] at the final nomination you must definite list the athletes, who will take part in the championship. At the Technical meeting you can only delete athletes from your final nomination no more change by weight class of any athlete is possible. The final nomination is valid for the competition.

Changes may occur to the time table of events.

**Indemnity & Insurance:** All participating federations and its delegated athletes and officials agree to indemnity and not hold the organizing committee accountable for and against any claims for personal injury, financial loss, death or property damage, in any form, arising out of or in any way resulting from the participation in, postponement or cancellation of the said World Championships.

There will be a prize money equal for men and women for all events.

For the Bench Press Classic, Bench Press Equipped and Powerlifting Equipped Events will be a prize money for the first place.

For the Rogue Classic Powerlifting Grand Prix will be a prize money for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place.

**Prize Money will be as follow:**

Bench Press Equipped men and women:	<b>1<sup>st</sup> Place</b>	<b>EUR</b>	<b>300,-</b>
Bench Press Classic men and women:	<b>1<sup>st</sup> Place</b>	<b>EUR</b>	<b>300,-</b>
Powerlifting Equipped men and women:	<b>1<sup>st</sup> Place</b>	<b>EUR</b>	<b>300,-</b>
Rogue Classic Powerlifting Grand Prix men and women:	<b>1<sup>st</sup> Place</b>	<b>EUR</b>	<b>1.000,-</b>
	<b>2<sup>nd</sup> Place</b>	<b>EUR</b>	<b>500,-</b>
	<b>3<sup>rd</sup> Place</b>	<b>EUR</b>	<b>350,-</b>

**The payout for the prize money will be done via IPF after receiving the final results from the doing controls**

The 2 (two) best male and female lifters in the Rogue Classic Powerlifting Grand Prix are also qualified for the FINAL Tournament at the Arnold's Classics Europe (18-20. September in Sevilla/Spain). For these lifters the IPF will cover the costs for participation (entry and antidoping fee), flight and accommodation.

**Total Prize money: EUR 15.800,-**

**Julio Cesar Conrado**  
**CBLB-President**