

# EPC- Europa Powerlifting Congress

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## **Teenage**

From 15-19 years

## **Junior**

From 20-23 years

## **Master**

From 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79 and 80+.

Competitive lifting shall be restricted to competitors aged minimum 15 years. The lifter's birthday shall restrict the competition age classes where age limits are imposed.

## **Bodyweight Categories**

### **Men      Women**

56kg Class from 0 to 56.0kg	48kg Class from 0 to 48.0kg
60kg Class from 56.01 to 60.0kg	52kg Class from 48.01 to 52.0kg
67.5kg Class from 60.01 to 67.5kg	56kg Class from 52.01 to 56.0kg
75kg Class from 67.51 to 75.0kg	60kg Class from 56.01 to 60.0kg
82.5kg Class from 75.01 to 82.5kg	67.5kg Class from 60.01 to 67.5kg
90kg Class from 82.51 to 90.0kg	75kg class from 67.51 to 75.0kg
100kg Class from 90.01 to 100.0kg	82.5kg Class from 75.01 to 82.5kg
110kg Class from 100.01 to 110.0kg	90kg Class from 82.51 to 90.0kg

125kg Class from 110.01 to 125.0kg 90+kg Class from 90.01 upwards

140kg Class from 125.01 to 140.0kg

140+kg Class from 140.01 upwards