



RHINO POWERLIFTING CLUB

AND

PERFECT HEALTH

PRESENTS



Unleash The Beast Challenge

Age Categories:

The Age category of a lifter is determined by his/her age on the day he/she is competing.

Teen/Junior/Master lifters can opt to lift in their age category OR the Open.
No double age registrations are permitted.

Open (Senior):

From 24 years to and including 39 years of age

Master:

From 40 years to 80 and upward

From 40 years to and including 44 years of age

From 45 years to and including 49 years of age From 50 years to and including 54 years of age From 55 years to and including 59 years of age From 60 years to and including 64 years of age From 65 years to and including 69 years of age From 70 years to and including 74 years of age From 75 years to and including 79 years of age From 80 years upward

Sub Master:

From 33 years to and including 39 years of age. This division is for record purposes only.

Sub masters shall lift in the open (senior) division.

Junior:

From 20 years to and including 23 years of age.

Teenage:

From 18 years to and including 19 years of age

Competitive lifting shall be restricted to competitors aged 17 years and over.

The lifter must have attained minimum age on day of the competition where age limits are imposed.

Body weight categories

Men:

52.0 kg Class up to 52.0kg

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56.0 kg Class from 52.01 to 56.0 kg

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60.0 kg Class from 56.01 to 60.0 kg

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67.5 kg Class from 60.01 to 67.5 kg

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75.0 kg Class from 67.51 to 75.0 kg

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82.5 kg Class from 75.01 to 82.5 kg

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90.0 kg Class from 82.51 to 90.0 kg

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100.0 kg Class from 90.01 to 100.0 kg

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110.0 kg Class from 100.01 to 110.0 kg

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125.0 kg Class from 110.01 to 125.0 kg

/

140.0 kg Class from 125.01 to 140.0 kg

/

140.0 kg + Class from 140.01 to Unlimited kg /

Women:

44.0 kg Class up to 44.0kg

48.0 kg Class from 44.01 to 48.0 kg

52.0 kg Class from 48.01 to 52.0 kg

56.0 kg Class from 52.01 to 56.0 kg

60.0 kg Class from 56.01 to 60.0 kg

67.5 kg Class from 60.01 to 67.5 kg

75.0 kg Class from 67.51 to 75.0 kg

82.5 kg Class from 75.01 to 82.5 kg

90.0 kg Class from 82.51 to 90.0 kg

90.0 kg+ Class from 90.01 to Unlimited kg

