



# **RHINO POWERLIFTING CLUB WESTERN PROVINCE OPEN NATIONAL QUALIFIER**



## **AGE CATEGORIES**

### **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. Lifters competing in different events eg. Powerlifting & bench press can however opt to lift in their Age Category in some events and the Open in others.

### **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 13 years to and including 19 years of age

From 13 years to and including 15 years of age

From 16 years to and including 17 years of age

From 18 years to and including 19 years of age

Competitive lifting shall be restricted to competitors aged 13 years and over.

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