

WUAP – NVK Austria

Österreichische Staatsmeisterschaft

& Internationaler Cup

Powerlifting, Benchpress, Deadlift

Das PowerMax führt am 02.05.2026 die Österreichischen Staatsmeisterschaften mit Internationalen Cup des WUAP- NVK Austria in Powerlifting, Benchpress und Deadlift durch. Wir bitten alle teilnehmenden Athleten, die Nennungen rechtzeitig und vollständig ausgefüllt an den Veranstalter zu senden.

Ort: **Power Max Austrasse 20 3314 Strenberg/Austria**

Geplanter Start: Samstag 09:00 Uhr

Abwaage: Power Max Austrasse 20 3314 Strenberg/Austria Freitag: 16.00 Uhr – 19.00 Uhr Samstag: 06.00 Uhr – 07.30 Uhr

Nennschluss: 29.03.2026

Nenngeld: € 60,- Powerlifting Raw od. Equipment
€ 50,- Benchpress Raw od. (Equipment)
€ 50,- Deadlift Raw od. Equipment
€ 40,- Jeder weitere Start

Nenngeld Teenager/Junioren: € 50,- Powerlifting Raw od. Equipment
€ 40,- Benchpress Raw od. Equipment
€ 40,- Deadlift Raw od. Equipment
€ 30,- Jeder weitere Start

Nenn- u. Einzahlungsschluss: 29.03.2026 (Bankeingang beim Veranstalter)

Bankverbindung: Raiffeisenbank Region Amstetten Egen IBAN: AT54 3202 5000 0511 7676 BIC: RLNWATWWAMS

Bitte als Verwendungszweck den Namen anführen!

Die Qualifikation zur Teilnahme an der Europameisterschaft und Weltmeisterschaft ist die Startpflicht an der ÖM in der jeweiligen Disziplin und das Erreichen der Int. Limits.

Wertung nach Regelwerk der WUAP-Austria Fassung 3.2 vom 01.01.2025

Gewichtsklassen Männer: bis 67,5kg, bis 82,5kg, bis 95kg, bis 110kg, bis 125kg, über125 kg

Gewichtsklassen Frauen: bis 52kg, bis 60kg, bis 67,5kg, bis 82,5kg, über82,5 kg

Alterskategorien: Teens (16-19), Junior (20-23), Open (24-39), M40-49, M50-59, M60-69, M70-74, M75+

Gästeklasse: Teens 13-15 Jahre

Wettbewerbswertung:

Die Reihenfolge in den Gewichtsklassen wird durch die Leistung bestimmt (höchstes angehobenes Gewicht, keine Punktwertung)

Ehrenpreise: Medaille und Urkunde f. alle Teilnehmenden Athleten

Gesamtsiegerwertung - Abweichung zum Regelwerk:

Gewertet nur nach Reshel Punkte (Nur der Sieger) Raw und Equipment

Alle Alterskategorien zusammen, ab 5 Teilnehmer pro Disziplin

Für eventuelle Übernachtungen wendet euch bitte an den Fremdenverkehrsverband

Kontakt: Markus Zehethofer Mail: zehethofer@powermax-gym.at TEL: +436763171840

Wir freuen uns auf Euer kommen und verbleiben mit Sportlichen Grüßen

Markus Zehethofer
Landespräsident Niederösterreich
WUAP-NVK AUSTRIA

Es gelten zum Zeitpunkt der Veranstaltung die letztgültigen Covid19 oder sonstige Gesundheits-Verordnungen!

Österreichische Staatsmeisterschaft

Internationaler Cup 2026

Powerlifting, Benchpress, Deadlift Strict Curl Raw & Equipment

Date: 02.05.2026

Place: **Power Max** Austrasse 20 3314 Strengberg/Austria

(Deadline for the Entryform and fee: 29-03.2026

(no entries after deadline)

Lastname:	Firstname:
City/Country:	Address:
Age:	Birthdate:

Weightclass (kg)

				female	☐					male	☐
*52	*60	67,5	82,5	*82,5+	95	110	125	+125			
☐	☐	☐	☐	☐	☐	☐	☐	☐			

*Only Woman

Agecategorie:

☐ Teenage	☐ Junior	☐ Open	☐ Master	☐ Guest(13-15)
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Entryfee:

Benchpress	☐ Raw	€ 50/40.-	☐ Equipment	€ 50/40.-
Deadlift	☐ Raw	€ 50/40.-	☐ Equipment	€ 50/40.-
Powerlifting	☐ Raw	€ 60/50.-	☐ Equipment	€ 60/50.-

Each additional start € 40/30.- Teens and juniors pay the lower amount indicated

By signing this form, I also acknowledge that I have read and understood the attached Athlete's Declaration and accept full responsibility for my safety while participating in these Championships.

I have not been unduly influenced and sign this voluntarily

Date: _____ Signature: _____

Parent or guardian if under 18:

Please send back to: Markus Zehethofer Mail: zehethofer@powermax-gym.at Tel.: +436763171840

Bank account:

Raiffeisenbank Region Amstetten Egen IBAN: AT54 3202 5000 0511 7676 BIC: RLNWATWWAMS

Please note your name on the deposit.

Annex 1: Athlete Declaration

Athlete Declaration and Privacy Policy

The athlete declaration and data protection rules are part of the registration for the Championships of the WUAP-NVK Austria. I as a participant or, in the case of minors, the parents, acknowledge and confirm the following declarations and data protection rules and agree to them:

- 1. The stipulations in the announcement and in the rules of the WUAP-NVK Austria which form the basis of the championship.*
- 2. That I have to identify myself with a valid document when registering for the competition (scales), in the case of minors, a signed parental consent must be presented, and that this data may be used and processed.*
- 3. That the storage and processing of my personal data relevant to the competition (registration data) and their publication in result and record lists etc. may take place.*
- 4. That I take part in the competitions entirely at my own risk. Participation in the WUAP Championships involves risks that can lead to injuries (even serious ones) for me. I am aware of the risks and accept these risks.*
- 5. That the organizer WUAP, the host as the operator of the competition site assume no liability for damage, injuries or losses arising from or in any way related to participation in the event. This also applies to the employees, employees and representatives of the named companies, even if the liability arises from carelessness or negligence on the part of the named persons. To the fullest extent permitted by law, I release, discharge, exonerate and indemnify WUAP, the Board, staff, organizers, agents, helpers/spotters/loaders and/or consultants from any and all liability from any and all present or future claims, demands, rights or Any cause of action or cause of action, known or unknown, anticipated or contingent, arising out of or arising out of my participation in the Championships for any personal injury, mental pain, loss or damage of any kind I suffer, including but not limited to , if caused by acts or omissions (whether intentional or negligent) of indemnities.*
- 6. In the event of an injury, first responders/medics/paramedics can attend to me while I am injured. Should I require treatment for an injury at a hospital or medical facility, I am responsible for paying my own costs.*
- 7. That the entry fee will not be refunded if you do not show up.*
- 8. I also give my consent to the use of personal images of myself or of children for whom I have legal guardianship, for the publication of photos or film clips related to the event, such as press releases in media from the areas of print, radio, TV , online services and on the association's website. This also applies in the event that the media mentioned are on site for reporting.*
- 9. I declare that I have read and understand the above and take full responsibility for my safety while participating in these Championships. I have not been unduly influenced and I voluntarily sign this*

form Date:

name:

signature athlete:

NOTE: In the case of a minor (any person under the age of 19 years of age) I confirm that my parent(s) and or legal guardian who has been notified either personally, telephonically or electronically of my intended participation in the Championships and has either personally, telephonically or electronically given his / her / their permission to do so.