



Miejski Klub Sportowy „Atleta”  
80-395 Gdańsk, ul. Opolska 6  
MBank  
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## **XXIX International Malak Memorial in weightlifting**

### **Regulations**

#### **1. EVENT PURPOSE**

The memorial is dedicated to the memory of well-known weightlifter, tragically deceased, bronze medalist of the Olympic Games in Barcelona (1992) - Waldemar MALAK.

#### **2. DATE AND PLACE OF THE COMPETITION**

The competition will be held on 31.08.2024 (Saturday) in sport hall "Atleta", 80-395 Gdańsk, Opolska 6.

#### **3. ORGANIZER**

The Organizer is MKS "Atleta" Gdańsk in cooperation with Polish Weightlifting Federation.

#### **4. PARTICIPANTS**

The right to start in the tournament is given to 12 athletes in heavy weights (81 kg and up), selected from among the registered competitors.

Deadline for athletes registration – 31.05.24 by e-mail [biuro@atletagdansk.pl](mailto:biuro@atletagdansk.pl)

The Organizer provides food and accommodation.

#### **5. CLASSIFICATION AND PRIZES**

Competitors will be ranked according to Sinclair's score.

Money prizes for competitors from I to XII place:

1. 3 000 €
2. 2 000 €
3. 1 000 €
4. 800 €
5. 700 €
6. 600 €
7. 500 €
8. 400 €
9. 300 €
10. 300 €
11. 200 €
12. 200 €

Athletes classified on places I - VI will receive cups.

All participants will receive commemorative medals.

## 6. COMPETITION PROGRAMM

11:30 technical conference

12:00 weigh-in

14:45 open ceremony

15:00 first session

16:30 second session

18:00 victory ceremony

19:00 banquet