

5th International Masters Weightlifting Open

30. January – 01. February 2026 / Potsdam

For Masters and Adaptive Weightlifters born 1996 and older

Organizer:	Athletik Club Potsdam e.V. / German Masters Weightlifting	
Host:	Athletik Club Potsdam e.V.	
Venue:	Athletik Club Potsdam e.V. Haeckelstr. 76 14471 Potsdam	
Contact:	mastersport@bvdg-online.de	
Registration:	<u>All Athletes:</u>	via Email to <i>mastersport@bvdg-online.de</i> (please see registration form attached, page 3)
	<u>Adaptive Athletes:</u>	via Email to <i>mastersport@bvdg-online.de</i> (please see registration form attached, page 4)
	<u>Registration fee:</u>	EUR 60,00 (non-refundable) / to be paid until Januar 20, 2026 to BVDG Masters IBAN: DE53 6709 2300 0033 0401 64
	<u>Final registration:</u>	January 16, 2026.

The maximum number of athletes will be 110 lifters.

"First come, first serve"-principle will be applied.

Schedule: The final competition schedule will be produced after the final date of registration in accordance to the number of athletes registered.

Preliminary Schedule (subject to change):

Friday, January 30: M85-M50 / W75-W50
Saturday, January 31: M45 – M40 / W45 – W40
Sunday, February 1: M35-M30 / W35 – W30

Awards: Medals will be awarded for rank 1-3, Awards for Best Lifter of tournament (male/female) in relation to Q-Master points.

Travel: The airport Berlin Brandenburg is not far away. There are hourly trains going from the airport into Potsdam from Terminal 1 and 2.

The bus and tram stops *Im Bogen/Zeppelinstraße* and *Kastanienallee/Zeppelinstraße* are the nearest stops (650m/500m).

Accommodation: <https://www.potsdam-tourism.com/en/plan-your-stay/accommodation>

Competition Modus: All groups will be lifting in accordance with the IWF TCRR and the IMWA Masters Rulebook.

Adaptive Athletes: Adaptive Categories

- Deaf or hearing
- Blind or visually impaired
- Intellectually disabled
- Amputee
- Limited Range of Motion
- (wheelchair)

Please note that access to the stage will be via 2 stair steps!

The rules for adaptive weightlifting of the IMWA will apply (please see attached).

5th International German Masters Weightlifting Open –

30 January - 01 February 2026

Registration Form

Please email this form with a confirmation of payment of entry fee and a letter of approval by your national governing masters body (not applicable for German lifters) to mastersport@bvdg-online.de until January 16, 2026.

Full Name (in capital letters):	
Country: (if German: please also provide club name)	
Date of Birth:	
Gender:	
Age Group:	
Bodyweight Category:	
Entry Total:	

Email Address:	
Telephone Number:	

5th International German Masters Weightlifting Open –

30 January - 01 February 2026

Registration Form Adaptive Athletes

Please email this form with a confirmation of payment of entry fee and a letter of approval by your national governing masters body (not applicable for German lifters) to mastersport@bvdg-online.de until January 16, 2026.

Full Name (in capital letters):	
Country: (if German: please also provide club name)	
Date of Birth:	
Gender:	
Age Group:	
Bodyweight Category:	
Entry Total:	

Email Address:	
Telephone Number:	

Adaptive Weightlifting Category (please check as applicable):

- ☐ Deaf or hard of hearing
- ☐ Blind or visually impaired
- ☐ Intellectually disabled
- ☐ Amputee
- ☐ Limited Range of Motion
- ☐ Athlete of Short Stature (Dwarf)
- ☐ [Wheelchair (please note that there are stairs leading up onto the stage!)]

Description of the athlete's disability to support the performance of the actual competition in the
SNATCH + CLEAN & JERK:

Description of any assistive devices that will be provided by the athlete: (Ex, prosthesis, wheelchair,
brace, straps...)

Description of any assistive devices that may need to be provided by the competition director. (Ex,
blocks, platform protective mat, ...)
