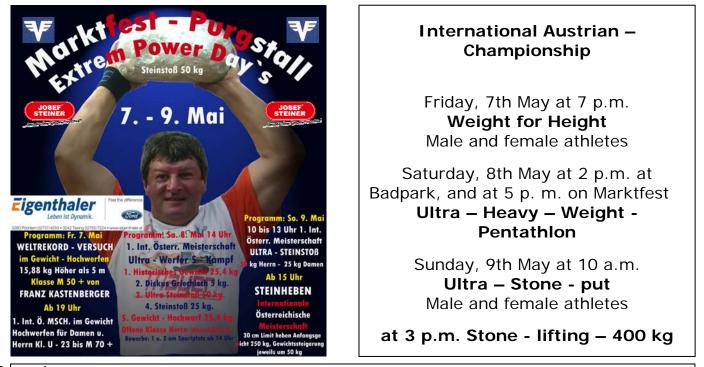


# Extrem Power Day`s 2010

On "Purgstaller Marktfest" 7th – 9th May 2010



Organizer: Your family and friends are welcome. We care for a fair competition.

Extreme Power Events Franz Kastenberger, powered by Virgosytem Sports.

Participants belong to a sport association or there kind of sport belongs to a national/international sport organization are welcome. (Athletics, LSW – WTC Throw, RKS, Weightlifting, Powerlifting, Highland Games Participants) <u>Class:</u> from U-23 to W/M 30 and all Masters Class.

### Where: Austria, 3251 Purgstall, Lower Austria

**Registration until 30th April** (Postmark) Registration form and participant declaration filling and sending onto following postal address: **Kastenberger Franz** 

#### C. Schachingerstr.27

3251 Purgstall / Austria

Registration E-Mail until 4th May to: franz\_kastenberger@aon.at



Bed & Breakfast opportunity, camping, to find bungalows, leisure offers, cultural & many things more under www.purgstall-erlauf.gv.at

## Competition Invitation to international Austrian championship For Weight for Height (For male and female athletes)

# Friday 7th May at 7p.m. on "Marktfest"

Throw weight woman open class: 15,88 kg

Throw weight men open class: 25,4 kg

Execution Procedure: The throw weight must be flung with a hand above a rod backwards above the head

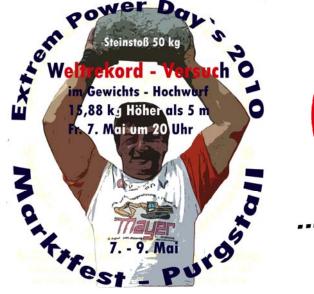
The athlete determines his original height, however not under 2 m.

An attempt is only then valid if no part of the throw emphasis affects the rod to be crossed.

The athlete has at most three attempts available, in 2 mins. per height, for a valid attempt.

Nominal fee: € 10,--, In Competition fee: € 15,--

Price: 1st – 6th rank - cups, first rank  $\in$  50,--Document for every participant.







Feel the difference



3380 Pöchlarn 02757/4555 = 3242 Texing 02755/7224 = www.eigenthaler.at

# **Competition Invitation to** first international Austrian championship For Ultra – Heavy – Weight - Pentathlon

(Open class, men over40+ years)

# 8th May 2010

A – 3251 Purgstall /Erlauf Lower Austria

#### Start: 2p.m. at Badpark, Event 1 and 2., Event 3 – 5 on "Marktfest" at around 5.pm.

Event 1: Historical Weight Throw 25,4 kg. (three attempts) (max. two Hammerthrow turns.)

Event 2: Discus Greek Style 5 kg (three attempts) (a 5 kg dumbbell wheel – Throw from the state.)

Event 3: Ultra Stone-put 50 kg (three attempts) (a 50 kg heavy stone is flung above head with run (at the most 15 m) so far as possible)

Event 4: Stone-put 25 kg (three attempts) (at 25 kg a heavy stone or iron cube must be pushed with a hand so far as possible.)

**Event 5:** Weight – High toss 25,4 kg (the historical weight must be flung with a hand backwards above head about a rod. The athlete determines the original height, max. 4 heights, per height 3 attempts.)

Nominal fee: € 20,--, In Competition fee: € 25,--

Price: first up to 10th rank – Cups and Document for every participant.

Price: 1st rank € 70,--, 2nd rank € 60,--, 3rd rank € 50,--, 4th rank € 40,--, 5th rank € 30,--, 6th rank € 20,--



Historical Weight Throw 25,4kg



Discus Greek Style 5 kg



Stone-put - 25 kg



Ultra – Stone-put 50 kg



Weight – High toss 25,4 kg

Nr.	Events	Throw –	U-35	U-23						
		Weight	M-35	M-40	M-45	M-50	M-55	M-60	M-65	M-70
		or Meter declaration are 1000 points.								
1.	Historical Weight Throw	25,4 kg	13 m	12 m	11 m	10 m	9 m	8 m	7 m	6 m
2.	Discus Greek Style	5 kg	27 m	25 m	23 m	21 m	20 m	18 m	17 m	16 m
3.	Ultra – Stone-put	50 kg	4,5m	4,4m	4,2m	4 m	3,8m	3,5m	3,3m	3 m
4.	Stone-put	25 kg	6,8m	6,3m	5,8m	5,4m	5 m	4,8m	4,5m	4,2m
5.	Weight – High toss	25,4 kg	4,6m	4,4m	4,2m	4 m	3,8m	3,6m	3,3m	3,1m

Valuation table for Ultra – Heavy – Weight - Pentathlon



Competition Invitation to first international Austrian championship For



# Ultra – Stone - Put

(For male and female athletes)

Sunday 9th May at 11 a.m. on "Marktfest"

Throw weight woman open class: 25 kg

Throw weight men open class: 50 kg

A stone or iron cube as throw weight is available for the participant.

Execution Procedure Every Athlete has 3 attempts. The best six of male/female deny then the final with two attempts.

Nominal fee: € 10,--, In Competition fee: € 15,--

Price: 1st– 6th rank - cups, 1st rank  $\in$  50,--Document for every participant.



## Competition Invitation to international Austrian championship For

## Stone lifting 30 cm Limit

Sunday 9th May at 3 p.m. on "Marktfest"

Initial start weight: 250 kg, Weight increase each past 50 kg, until two are available only more, then increase of 25 kg

Nominal fee: € 10,--, In Competition fee: € 15,--

Price: 1st– 10th rank - cups, 1st rank  $\in$  50,--Document for every participant





#### Camping\*\*\*\*& Bungalows

web: www. Topcamp.at phone: +43 7489 2015 Fax: +43 7489 2016 E-Mail: topcamp@aon.at