



... immer eine Sprosse voraus!

INVITATION And ADVERTISEMENT For



... immer eine Sprosse voraus!

Extrem Power Day`s 2010

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

Marktfest - Purgstall
Extrem Power Day`s
Steinstoß 50 kg
7. - 9. Mai

Program: Fr. 7. Mai
WELTREKORD - VERSUCH
im Gewicht - Hochwerfen
15,88 kg Höher als 5 m
Klasse M 50 + von
FRANZ KASTENBERGER
Ab 19 Uhr
1. Int. Ö. MSCH. im Gewicht
Hochwerfen für Damen u.
Herrn Kl. U - 23 bis M 70 +

Program: Sa. 8. Mai 14 Uhr
1. Int. Österr. Meisterschaft
Ultra - Werfer - Kampf
1. Historisches Gewicht 25,4 kg
2. Diskus - Griechisch 3 kg.
3. Ultra - Steinstoß 50 kg.
4. Steinstoß 25 kg.
5. Gewicht - Hochwurf 25,4 kg.
Offene Klasse Herren (Jugendklasse)
Bewerber: 1 u. 2 am Sportplatz ab 14 Uhr

Program: So. 9. Mai
10 bis 13 Uhr 1. Int.
Österr. Meisterschaft
ULTRA - STEINSTOß
30 kg Herrn - 25 kg Damen
Ab 15 Uhr
STEINHEBEN
Internationale
Österreichische
Meisterschaft
30 cm Limit heben Anfangsge-
wicht 250 kg, Gewichtssteigerung
jeweils um 50 kg

International Austrian – Championship

Friday, 7th May at 7 p.m.
Weight for Height
Male and female athletes

Saturday, 8th May at 2 p.m. at
Badpark, and at 5 p. m. on Marktfest
**Ultra – Heavy – Weight -
Pentathlon**

Sunday, 9th May at 10 a.m.
Ultra – Stone - put
Male and female athletes

at 3 p.m. Stone - lifting – 400 kg

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)

Class: 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 € 50,--
Document for every participant.



... immer eine Sprosse voraus!

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**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.p.m.**

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

Valuation table for Ultra – Heavy – Weight - Pentathlon

Nr.	Events	Throw – Weight	U-35 M-35	U-23 M-40	M-45	M-50	M-55	M-60	M-65	M-70
Class: age factor 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



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 € 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 € 50,--

Document for every participant



Camping* & Bungalows**

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E-Mail: topcamp@aon.at

A circular advertisement for a stone lifting competition. The central image shows a man in a white t-shirt with a red collar, lifting a large, dark stone above his head with both hands. The text around the circle reads: "Steinstarkes - Unternehmen" at the top, "Sand- u. Schottergewinnung" at the bottom, and "Transporte Erdarbeiten" in the center. Below the circle, the text reads: "A-3251 Purgstall Kienberg - Gaming", "Hochriesserstrasse Tel. u. Fax 07485/97 486", and "Tel. 07489/28 66 Mobil: 0663792 00 750".