

Dear all,

Not much longer now until we all meet in Potsdam for the 3rd International German Masters Weightlifting Open. We are thrilled to be able to welcome you all to this event.

Attached please find the latest start list, the competition schedule as well as a list of hotels within 5-10 minutes to the venue for those who still need accommodation.

Please allow me to give you a few pointers for guidance about our International Masters Open

Venue:

The venue is located at Haeckelstraße 76 in 14472 Potsdam. It is easily accessible by public transport.

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) to the venue.

Accreditation and entry fee:

There will be an entry fee for spectators, 6,00 EUR per day or 10 EUR for the whole weekend. Dear Athletes - you are free of charge, of course, as well as one coach per athlete. Simply show up with your passport to the accreditation desk and you will receive all relevant documentation there.

All entry fees will be donated to the hosting club and their youth work.

Weigh-In:

There will be test-weigh-ins available in the locker rooms for those of you who would like to double-check their bodyweight after your journey. But don't worry: if you do happen to weigh in a bit too heavy or too light, you may go up or down one bodyweight category at the weigh-in.

All lifters of one age group lift in the same session, so any changes would not complicate the course of the event. We will definite send anyone away.

Medals and Awards:

Lifters ranked 1-3 will receive a medal. The medal ceremony is scheduled in between the snatch and the clean and jerk of each subsequent session.

Best Male Lifter / Best Female Lifter Awards will be awarded at the Open (Closing) Café on Sunday, February 4.

Catering:

Food in form of breakfast and snacks will be available in the venue from the start of the first weigh-in until the end of each competition day. Vegetarian options will be available.

Social events: Get Together / Open (Closing) Café:

Get Together:

We would love to get to know you all a bit better, catch-up with old friends, meet new ones. Therefore we would like to arrange for a little Social Dinner/Get Together on Saturday night, 3 February 2024.

If you would be interested to join, please send me an email until January 24, so we can arrange for the best possible setting for our masters family!

Details to follow.

Open (Closing) Café:

After the end of our last session on Sunday, we would be delighted if you stayed a tad longer for a little "Cool Down Café" - and our Best Lifter Awards! The best male and female lifters will be presented their trophy at the end of our Masters Open. And we would love to share this moment with all of you!

Please see the schedule for approximate start times of both events.

If you do have any further questions or require any additional information, please do not hesitate to reach out to me.

See you soon in Potsdam!

Best regards to all of you,
Daniela

Mit freundlichen Grüßen,
Daniela Jantzen
Vice President
National Chair Masters Weightlifting

BUNDESVERBAND DEUTSCHER GEWICHTHEBER e.V.



Geschäftsstelle
Bundesverband Deutscher Gewichtheber e.V.
Badener Platz 6
D-69181 Leimen

Tel.: 0049-(0)152 - 2439 7766

E-Mail: jantzen@bvdg-online.de

BVDG: www.german-weightlifting.de