



PAN PACIFIC MASTERS GAMES

GOLD COAST AUSTRALIA 1 - 10 NOVEMBER 2024

10Oct2024



PRELIMINARY LIFTING SCHEDULE*

*Subject to change

UPDATE PER 14OCT2024 (see green letters)

Event	Event Date	Location
2024 PAN PACIFIC MASTERS GAMES	9 - 10 NOV 2024	Gold Coast Recreation Precinct
All times can be subject to change within the Event date period. All participants should ensure that they will be available to compete at any time during the event date (listed above)		

DAY 1 (9 NOV 2024), SAT	
POWERLIFTING	
Session details	
Event	Equipped & Unequipped
Sub Event	Equipped 3 Lift Equipped & Unequipped Single Lift Squat Equipped & Unequipped Single Lift Bench Press
Age Division	ALL MASTERS
Gender Division	ALL
Weight Class	ALL
Gear Check	N/A
Weigh In	7 - 8:00 AM - All Equipped 3 Lift & All Single Lift Squat 12 - 1PM All Single Lift Bench Press
Start	9:00 AM

KETTLEBELL	
Session details	
Event	Military events (12 mins multi-change) – snatch Military events (12 mins multi-change) – jerk One arm long cycle Half snatch 30 minutes half marathon (one or two bells)
Sub Event	N/A
Age Division	ALL MASTERS
Gender Division	ALL
Weight Class	ALL
Gear Check	N/A
Weigh In	9:00 AM

DAY 2 (10 NOV 2024), SUN	
POWERLIFTING	
Session details	
Event	Equipped & Unequipped
Sub Event	Unequipped 3 Lift
Age Division	ALL MASTERS
Gender Division	ALL
Weight Class	ALL
Gear Check	N/A
Weigh In	7 - 8:00 AM - All Unequipped 3 Lift
Start	9:00 AM

KETTLEBELL	
Session details	
Event	Pentathlon (one or two bells)
Sub Event	N/A
Age Division	ALL MASTERS
Gender Division	ALL
Weight Class	ALL
Gear Check	N/A
Weigh In	9:00 AM
Start	10:00 AM

Dear PPMG PL & KB Athletes,

We're excited to share the Preliminary lifting schedule for our upcoming competition taking place on November 9 & 10, 2024, at the beautiful GoldCoast!

Schedule:
Please refer to the table.

Venue:
Gold Coast Recreation Precinct
1525 Gold Coast Hwy, Palm Beach QLD 4221

Accommodation Options:
We are excited to offer you convenient & budget-friendly accommodation options for the upcoming Pan Pacific Masters Games. Please click this link https://www.strengthsports.org.au/index.cfm?module=event&pagemode=div&page_id=2530205

Kettlebell Athletes who registered to PPMG after 14SEP 2024:
To ensure we have the right kettlebells available for all competitors, please complete the Kettlebell Weight Form here <https://forms.gle/PvahNxPuTAC5WGVz7> by 12OCT2024. Your timely response will help us prepare for a smooth and successful competition.

Additional Information

The Powerlifting rules of performance and causes for failure will be based on the [World Drug Free Powerlifting Federation \(WDFPF\) Technical Rules](#). No restrictions on Brands of Costumes and Personal Equipment. However, must comply with the specifications and/or requirements in the WDFPF rulebook. Unequipped means no knee sleeves. Equipped includes the use of knee sleeves or wraps, suits. The Kettlebell competition will be conducted under <https://www.ikmf-world.com/rules/ranks-and-rules/>.

We can't wait to see everyone at the competition! Let's lift heavy and have a great time together!

you have any questions, feel free to reach out!

Regard
Sectio M (She/Her)
2024 PPMG - Sport
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