



## Health and Sport Center

# Bench press of a chosen weight within 1 minute

### When?

Weigh-in for participants will be held before the competition on 27 February 2026, starting at 5:30 PM.

### Where?

M. K. Čiurlionio str. 21

### Who can participate?

VU students and alumni are eligible to participate in the competition.

### Purpose of the competition

To promote strength sports among VU students.

### Objectives of the competition

To identify the strongest male bench presser among VU students and alumni, as well as the strongest female bench presser among VU female students and alumni.

### The competition is held separately for men and women, with participants divided into weight categories.

Men's weight categories: up to 80 kg, up to 90 kg, up to 100 kg, and over 100 kg.

Women's weight categories: up to 70 kg and over 70 kg.

### Competition procedure

The competition begins with the women, starting with the lowest weight chosen on the barbell. The number of repetitions performed within 1 minute is multiplied by the selected weight to calculate the total lifted weight. In the event that two or more athletes achieve the same total, the winner is the athlete who pressed the heavier barbell. Awards will be presented immediately after the competition, with prizes and medals provided by the sponsors.

For any questions, please contact the chief referee of the competition, Lukas Šverčiauskas, by phone: +370 683 50239 or by email: [lukas.sverciauskas@gmail.com](mailto:lukas.sverciauskas@gmail.com)