

COMPETITION EQUIPMENT & VENUE FOR HIRE

Available to all federations and promoters within Ireland

VENUE & EQUIPMENT HIRE

Southside Barbell Limerick is now available for hire to all federations and promoters within Ireland to host powerlifting competitions.

Southside Barbell is fully equipped with high-end, competition-standard powerlifting equipment and professional staging to host events of all sizes. Hiring our venue eliminates the logistical challenges of sourcing, transporting, and setting up competition equipment.

Secure your dates early and host your event in a fully prepared competition environment.

We supply everything required to run a competition.

STAGING & PROPS

- Truss rig: Height 3.5 m | Width 7 m | Depth 4 m
- Multi-colour programmable truss lighting
- Photography and stage lighting
- Smoke machines & spark machines (available at additional cost)

SCORING DISPLAYS & TV'S

TV & Sound displays:

- Platform scoring displays × 2
- Warm-up area displays showing scoring & live lifting × 2
- All required HDMI cables, connectors, and AV connections supplied if needed
- Music and micro phone system

TABLES & SEATING

- Officials top tables = 6 ft × 5
- Seating for 100+ spectators

WARM-UP AREA

- Warm-up area located adjacent to and close to the competition platform

REFEREE LIGHT SYSTEMS

- Wireless referee light systems with two operating options:
- Mobile phone control
- Dedicated controller units
- Additional wired referee light controllers also available

WEIGH-IN SCALES

- Two calibrated scales provided:
- Available 24 hours prior to weigh-ins
- Separate scales for men and women
- Calibrated against the original reference scale

PLATFORMS

- 3 × Warm-up platforms
- 1 × Competition platform
- All platforms are solid and competition-grade
- Non-slip completely free of movement

APPROVED MONOLIFTS & RACKS

Monolifts

- Hybrid squat/bench combo monolifts × 3
- Odin front-loader monolift × 1
- ER / Combo Racks
- Competition squat/bench combo racks × 3

APPROVED COMPETITION BARS

- **Squat Bars** 25 kg = Sport Kraft × 4
- **Bench Bars** 20 kg Power Bars = Sport Kraft × 2, Texas × 1, Rogue × 2, 25 kg F8 Bench Bars × 2.
- **Deadlift Bars** 20kg = Sport Kraft × 3, Texas × 2, Rogue × 2.

APPROVED CERTIFIED KILO PLATES

- Chrome competition plates (platform): 500 kg
- Eleiko & Rogue plates (warm-up area): 2,000 kg

ADDITIONAL EQUIPMENT

- Chalk available on platform and in warm-up area
- Wire brushes provided (platform & warm-up room) × 3
- Deadlift jacks / bar raisers × 3

EQUIPMENT ONLY HIRE

- Equipment-only hire is available if required
- Transportation of equipment to external venues can be arranged
- Additional charges apply for transport and logistics

BOOKINGS & ENQUIRIES

For venue hire, equipment hires, quotations and available dates at **Southside Barbell Limerick**, please contact:

Email: info@powerliftingireland.ie

