



Timetable

European Masters Bench Press Championships 2016

Opening ceremony: Thursday, 13th October at 10:00 hours at venue

Provisional Timetable EWMMBP 2016				Expected			
Opening Ceremony Thu at 10:00							
Day	Weigh-in time	Classes	Number of lifters	Groups	Start	End	
Thu, Oct 13th	11:00-12:30	Women 2 3 4	-47kg to +84 kg	30	2	13:00	15:00
	13:30-15:00	Men MA2	-59kg to -105 kg	30	2	15:30	17:30
	16:30-18:00	Men MA 3, 4	-59kg to +120 kg	47	3	18:30	21:00
Fri. Oct 14th	11:00 -12:30	Men MA2	-120kg to +120kg	10	1	13:00	14:30
	13:30-15:00	Women MA1	-47kg to +84 kg	23	2	15:30	17:00
	16:30-18:00	Men MA1	--59kg to -105 kg	22	2	18:30	20:00
Sat. Oct 15th	10:00-11:30	Men MA1	-120kg to +120kg	15	1	12:00	13:30

Victory ceremonies will be held immediately after each lifting session. It will be mandatory that each athlete wear their National Team Warm-up/Track Suit for the award presentation.

Important Note:

Changes may be made to the schedule of events after the Final nomination depending on the number of lifters finally entered at this Final nomination. Changes of the timetable are possible by the amount of nominations after the Final nomination and at the Technical Meeting. It can be happen that we must also change weight classes to different days. So it is important for your athletes that they do not book their arrivals/departures very closely to the competition days.

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EPF President

Alain Hammang
FLHLP President

Gaston Parage
Meet Director

Jiri Hofirek
EPF Championship secretary