



Preliminary timetable

European Open, Masters, Junior Equipped Bench Press Championships 2018

Opening ceremony: Tuesday, 9 October at **11:30** hours at venue

Day	Weight-in time	Classes	Start	Lifters after Final nom	Supposed end of category
-----	----------------	---------	-------	-------------------------	--------------------------

MASTERS & JUNIORS CHAMPIONSHIPS

		OPENING CEREMONY	11:30		
	1000-1130	Women Ma 2,3,4	1200		1330
Tuesday 09.10.2018	1230-1400	Women Ma1 47,0 to 84,0+ kg	1430		1600
	1500-1630	Jun Women 43,0 to 63,0 kg	1700		1900

	1200-1330	Jun Women 72,0 to 84,0+ kg	1400		1500
Wednesday 10.10.2018	1400-1530	Jun Men 59,0 to 83,0 kg	1600		1730
	1600-1730	Jun Men 93,0 & 120,0+ kg	1800		1930

	0900-1030	Ma 3, 4 men 59,0 & 120,0+ kg	1100		1300
Thursday 11.10.2018	1130-1300	Ma2 men 59,0 & 120,0+ kg	1330		1530
	1400-1530	Ma1 men 59,0 & 120,0+ kg	1600		1800

BANQUET MASTERS & JUNIORS

20:00

OPEN CHAMPIONSHIPS

	1200-1330	Women open 47,0 & 63 kg	1400		1530
Friday 12.10.2018	1400-1530	Women open 72,0 to 84,0+ kg	1600		1730
	1600-1730	Men open 59 - 93,0 kg	1800		2000

Saturday 13.10.2018	1100-1230	Men open 105,0 kg & 120+ kg	1300		1500
		BANQUET OPEN	20:00		

Arnulf Wahlstrøm
EPF President

Frank Klein
FLHLP President

Gaston Parage
Meet Director

Jiri Hofirek
EPF Championships Secretary

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 of the timetable are possible by the amount of nominations at the Final nomination.
On days when there are few referees available, some weight categories may be merged.