



Provisional timetable European Masters Bench Press 2011

Day and date	Weigh in time	Classes		Start com petit.	Number lifters	End competition
Thursday 27th October	11:00 to 12:30	-47.0 to 84.0+	Women MA2+M3	13:00	30 (2 Groups)	14:45
	13:30 to 15:00	-59.0 to 120.0+	Men MA3+M4	15:30	36 (2 Groups)	17:30
	16:00 to 17:30	-59.0 to -93.0	Men MA2	18:00	23 (2 Groups)	19:15
Friday 28th October	11:00 to 12:30	-47.0 to 84.0+	Women MA1	13:00	22 (2 Groups)	14:30
	14:00 to 15:30	-105.0 to 120.0+	Men MA2	16:00	21 (2 Groups)	17:00
	16:00 to 17:30	-59.0 to -93.0	Men MA1	18:00	31 (2 Groups)	20:00
Saturday 29th October	10:00 to 11:30	-105.0 to 120.0+	Men MA1	12:00	22 (2Groups)	13:30

Victory Ceremonies: All lifters dressed in correct sportswear immediately after the end of each lifting session.

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.

Arnulf Wahlstrøm
EPF President

Gaston Parage
Meet Director

Jiri Hofirek
EPF Championship Secretary

Updated to 24th October 2011