

Final timetable:

Friday, 20 September 2019

Classic Men and Women Bench Press

Weigh-in 10.00 to 11.30

Start of event 12.00

Classic Bench Press Women 14 lifters – Start 12.00

Classic Bench Press Men 27 lifters - Group A Start 13,30 - Group B - Start 14.30

Saturday, 21 September 2019

Classic Powerlifting Grand Prix Men and Equipped Bench Press Men and Women

Weigh-in 10.00 to 11.30

Start of event 12.00

Equipped Bench Press Men & Women 6 lifters - Start 12.00

Classic Powerlifting **Grand Prix** Men 23 lifters – Group A and B

Sunday, 22 September 2019

Equipped Powerlifting Men and Classic Powerlifting Grand Prix Women

Weigh-in 10.00 to 11.30

Start of event 12.00

Equipped Powerlifting Men & Women 10 Lifters – Start 12.00

Classic Powerlifting **Grand Prix** Women 19 lifters - Group A and B - Start at 14.30