



# EUROPEAN POWERLIFTING FEDERATION

## Preliminary nomination

### European Masters Equipped Powerlifting Championships, Sibiu, Romania 2019

#### MASTERS WOMEN, MEN

Day	weighin	categories	class	lifters number	grouping	start	end
<b>Wednesday</b> 03.07.2019	09:00 - 10:30	Women M2, 3	-47 to +84 kg	25	2 groups	11:00	15:30
	<b>Opening ceremony</b>					<b>16:00</b>	
	14:30 - 16:00	Men M4	-59 to +120 kg	11	1 group	16:30	19:30
<b>Thursday</b> 04.07.2019	09:00 - 10:30	Women M1	-47 to +84 kg	19	2 group	11:00	15:00
	14:00 - 15:30	Men M3	-59 to +120kg	20	2 group	16:00	20:00
<b>Friday</b> 05.07.2019	09:00 - 10:30	Men M2	-59 - 83 kg	16	1 group	11:00	14:00
	13:00 - 14:30	Men M2	-93 - 120+ kg	24	2 group	15:00	19:30
<b>Saturday</b> 06.07.2019	09:00 - 10:30	Men M1	-59 to -83 kg	12	1 group	11:00	14:00
	13:00 - 14:30	Men M1	-93 & -105 kg	16	2 group	15:00	18:00
<b>Sunday</b> 07.07.2019	09:00 - 10:30	Men M1	-120 & 120+ kg	16	2 group	11:00	15:00
	<b>Closing banquet</b>				<b>159 lifters</b>	<b>20:00</b>	

Arnulf Wahlstrøm  
EPF President

Marius Raica  
Meet Director

Jiri Hofirek  
EPF Championship Secretary