



<b>Preliminary timetable</b>				
<b>European Open, Masters, Junior and Sub-junior Classic Bench Press Championships 2019, Hamm, Luxembourg</b>				
<b>Technical Meeting for all age categories on Tuesday 6 August 2019 at 20:00</b>				
<b>Day</b>	<b>Age category</b>	<b>Classes</b>	<b>Weigh-in</b>	<b>Start</b>
<b>Wednesday 7.8.2019</b>	Women M2-M4	47-84+ kg	08:00-09:30	10:00
	<b>Opening Ceremony starts on Wednesday 7th of August at 12:30</b>			
	Men M4	59-120+ kg	11:00-12:30	13:00
	Men M3	59-120+ kg	12:30-14:00	14:30
	Men M2	59-83 kg	14:30-16:00	16:30
	Men M2	93-120+ kg	16:30-18:00	18:30
<b>Thursday 8.8.2019</b>	Women M1	47-84+ kg	08:00-09:30	10:00
	Men M1	59-83 kg	10:00-11:30	12:00
	Men M1	93-120+ kg	12:00-13:30	14:00
	Women & Men Sub-Junior	All categories	14:00-15:30	16:00
<b>Banquet for Masters on Thursday 8th August at 20:00</b>				
<b>Friday 9.8.2019</b>	Women Junior	43-84+ kg	08:00-09:30	10:00
	Men Junior	53-83 kg	10:30-12:00	12:30
	Men Junior	93-120+ kg	12:30-14:00	14:30
	Women Open	47-63 kg	14:30-16:00	16:30
	Men Open	59-74 kg	16:30-18:00	18:30
<b>Saturday 10.8.2019</b>	Men Open	83 & 93 kg	08:00-09:30	10:00
	Women Open	72&84+ kg	10:00-11:30	12:00
	Men Open	105 - 120+kg	12:00-13:30	14:00
<b>Banquet for Open, Junior &amp; Subjunior categories on Saturday 10th August at 20:00</b>				

Arnulf Wahlstrøm  
EPF President

Gaston Parage  
Meet Director

Bjorn Astad  
EPF Championships Secretary