



Final timetable

European Open, Masters, Junior and Sub-junior Classic Bench Press Championships 2019 Hamm, Luxembourg

Technical Meeting for all age categories on Tuesday 6 August 2019 at 20:00

Day	Age category	Classes	Weigh-in	Start	No. of lifters	
Wednesday 7.8.2019	Women M2-M4	47-84+ kg	08:00-09:30	10:00	21+10+3=34	
	Opening Ceremony starts on Wednesday 7th of August at 12:30					
	Men M4	59-120+ kg	11:00-12:30	13:00	21	
	Men M3	59-120+ kg	12:30-14:00	14:30	17	
	Men M2	59-83 kg	14:30-16:00	16:30	16	
	Men M2	93-120+ kg	16:30-18:00	18:30	16	
Thursday 8.8.2019	Women M1	47-84+ kg	08:00-09:30	10:00	28	
	Men M1	59-83 kg	10:00-11:30	12:00	20	
	Men M1	93-120+ kg	12:00-13:30	14:00	26	
	Women & Men Sub-Junior	All categories	14:00-15:30	16:00	22+31=53	
Banquet for Masters on Thursday 8th August at 20:00						
Friday 9.8.2019	Women Junior	43-84+ kg	08:00-09:30	10:00	24	
	Men Junior	53-83 kg	10:30-12:00	12:30	17	
	Men Junior	93-120+ kg	12:30-14:00	14:30	16	
	Women Open	47-63 kg	14:30-16:00	16:30	22	
	Men Open	59-74 kg	16:30-18:00	18:30	13	
Saturday 10.8.2019	Men Open	83 & 93 kg	08:00-09:30	10:00	21	
	Women Open	72&84+ kg	10:00-11:30	12:00	24	
	Men Open	105 - 120+kg	12:00-13:30	14:00	33	
Banquet for Open, Junior & Subjunior categories on Saturday 10th August at 20:00						

Arnulf Wahlstrøm
EPF President

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Meet Director

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