



FINAL TIMETABLE

European Classic Open, Junior and Sub-Junior Powerlifting Championships, Kaunas, Lithuania 2019

Opening ceremony: Friday 29 November 2019 at **15:00** hours at venue

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Day	Weigh in	Categories	Start	Number of lifters after TB	End after V.C.	Time
Friday 29.11.2019	08:00-09:30	Sub Women 43,0 to 57	25	10:00	14:25	4hod25min
	-	Opening ceremony	1500		1530	
	14:00-15:30	Sub Women 63,0 to 84,0+	20	16:00	19:45	3hod45min
Saturday 30.11.2019	08:00-09:30	Sub Men 53,0 to 74,0	33	10:00	15:30	
	14:30-16:00	Sub Men 83,0 to 93,0	23	16:30	20:30	
Sunday 1.12.2019	08:00-09:30	Sub Men 105.0 - 120.0+	16	10:00	12:30	
	11:30-13:00	Jun Men 53,0 to 66,0	19	13:30	17:30	
	16:00-17:30	Jun Women 43,0 to 52,0	14	18:00	20:30	
Monday 2.12.2019	08:00-09:30	Jun Women 57,0 kg Jun Men 74,0 kg	12 12	10:00	14:30	
	13:30-15:00	Jun Women 63 & 72,0 kg	33	15:30	20:30	
Tuesday 3.12.2019	08:00-09:30	Jun Women 84 to 84,0+ kg	14	10:00	13:00	
	12:00-13:30	Jun Men 83,0 kg	20	14:00	18:00	
	16:30-18:00	Jun Men 93 kg	16	18:30	21:30	
Wednesday 4.12.2019	08:00-09:30	Jun Men 105 kg	15	10:00	12:30	
	11:30-13:00	Jun Men 120,0 to 120+ kg	15	13:30	17:00	
Banquet for Juniors & Sub-Juniors			20:00	290 Juniors		
OPEN WOMEN & MEN						
Thursday 5.12.2019	08:00-09:30	Women 47,0 to 57,0	27	10:00	14:30	
	13:30-15:00	Men 59,0 & 74,0 kg	26	15:30	20:00	
Friday 6.12.2019	08:00-09:30	Women 63,0 & 72,0 kg	36	10:00	16:00	
	15:00-16:30	Men 83,0 kg	20	17:00	21:00	
Saturday 7.12.2019	07:00-08:30	Men 93,0 kg	18	09:00	12:30	
	11:30-13:00	Men 105,0 kg	20	13:30	17:00	
	16:00-17:30	Women 84,0 kg	16	18:00	21:30	
Sunday 8.12.2019	08:00-09:30	Women 84,0 kg+	12	10:00	13:00	
	12:00-13:30	Men 120,0 kg & 120+ kg	23	14:00	17:30	
Banquet for Open categories					20:00	188 Open lifters 488 Lifters total

Arnulf Wahlstrøm
EPF President

Antanas Jodauga
Meet director

Bjorn Astad
EPF Championships secretary