

## Final timetable

**European Open, Masters and Junior Bench Press Championships 2019**  
**Opening ceremony: Wednesday, 16th of October at 10:30 hours at venue**

**Tuesday October 15th, 2019 at 20:00 Technical Meeting for all age categories**

Day	Age Category	Classes	Weigh-in	Start	Est. Lifters	Groups	End time
<b>Wednesday 16th of October</b>	<b>Opening ceremony October 16th at 10:30 at the Venue</b>						
	Women M1-M4	47-84+	09:00-10:30	11:00	35	4	13:30
	Men M3-M4	59-120+	12:00-13:30	14:00	38	4	18:00
<b>Thursday 17th of October</b>	Junior Women	43-84+	09:00-10:30	11:00	19	2	13:00
	Junior Men	53-120+	11:30-13:00	13:30	20	2	15:30
	Men M2	59-120+	14:00-15:30	16:00	32	3	18:30
<b>Banquet for Juniors October 17th at 20:00</b>							
<b>Friday 18th of October</b>	Men M1	59-120+	09:00-10:30	11:00	38	4	14:00
	Women Open	47-84+	12:00-13:30	14:00	38	4	18:00
<b>Saturday 19th of October</b>	Men Open	59-93	09:00-10:30	11:00	28	3	13:30
	Men Open	105-120+	12:00-13:30	14:00	25	3	16:30
	<b>Banquet for Open and Masters October 19th at 20:00</b>						

Arnulf Wahlstrøm  
EPF President

Matti Rajaniemi  
Meet director

Bjorn Astad  
EPF Championships Secretary