

Final timetable:

THURSDAY, 21 March 2019

Technical Meeting 20.00 at congress hall of Government
(Oshmiany, Sovetskaya street, 103)

FRIDAY, 22 March 2019

Classic Bench Press Cup

Opening ceremony 14.00 at venue

| <u>M/W</u> | <u>CATEGORIES</u> | <u>WEIGH-IN</u> | <u>START</u> | <u>FINISH</u> | |
|-------------------|--------------------------|------------------------|---------------------|----------------------|------------|
| Women | -47 kg -to -84 kg | 09:30 to 11:00 | 11:30 | 13:00 | 11 lifters |
| Men | -59 kg, -to +120 kg | 13:30 to 15:00 | 15:30 | 17:30 | 22 lifters |

SATURDAY, 23 March 2019

Classic Powerlifting Cup (open, sub-juniors)

| <u>M/W</u> | <u>CATEGORIES</u> | <u>WEIGH-IN</u> | <u>START</u> | <u>FINISH</u> | |
|-------------------|--------------------------|------------------------|---------------------|----------------------|------------|
| Women | All | 10:00 to 11:30 | 12:00 | 15:00 | 18 lifters |
| Men (o,sj) | -59 kg, -66 kg, -74 kg | 13:00 to 14:30 | 15:00 | 17:30 | 12 lifters |

SUNDAY, 24 March 2019

Classic Powerlifting Cup (open, sub-juniors)

| <u>M/W</u> | <u>CATEGORIES</u> | <u>WEIGH-IN</u> | <u>START</u> | <u>FINISH</u> | |
|-------------------|--------------------------|------------------------|---------------------|----------------------|------------|
| Men (o,sj) | -83 kg, -to -120 kg, | 10:00 to 11:30 | 12:00 | 15:00 | 15 lifters |

Closing Banquet 20.00

Arnulf Wahlstrøm
EPF President

Olga Ignatenko
Meet director

Jiri Hofirek
EPF Championships secretary