



# EUROPEAN POWERLIFTING FEDERATION



## Preliminary timetable:

### FRIDAY, 22 March 2019

#### Classic Bench Press Cup

<i>M/W</i>	<i>CATEGORIES</i>	<i>WEIGH-IN</i>	<i>START</i>	<i>FINISH</i>
Women	-47 kg -to +84 kg	08:00 to 09:30	10:00	12:00 15 lifters
Men	-59 kg, -66 kg, -74 kg	10:30 to 12:00	12:30	14:30 15 lifters
Men	-83 kg, -to +120 kg	13:00 to 14:30	15:00	17:00 25 lifters

### SATURDAY, 23 March 2019

#### Classic Powerlifting Cup (open, sub-juniors)

<i>M/W</i>	<i>CATEGORIES</i>	<i>WEIGH-IN</i>	<i>START</i>	<i>FINISH</i>
Women (o,sj)	-43 kg, -to -63 kg	09:00 to 10:30	11:00	13:00 30 lifters
Men (o,sj)	-53 kg, -66 kg, -74 kg	12:00 to 13:30	14:00	16:00 30 lifters
Women (o,sj)	-72 kg, -84 kg, +84 kg	15:00 to 16:30	17:00	19:00 30 lifters

### SUNDAY, 24 March 2019

#### Classic Powerlifting Cup (open, sub-juniors)

<i>M/W</i>	<i>CATEGORIES</i>	<i>WEIGH-IN</i>	<i>START</i>	<i>FINISH</i>
Men (o,sj)	-83 kg, -to -105 kg,	09:00 to 10:30	11:00	13:30 20 lifters
Men (o,sj)	-120 kg, +120 kg	12:30 to 14:00	14:30	17:30 30 lifters

Arnulf Wahlstrom  
*EPF President*

Olga Ignatenko  
*Meet director*

Jiri Hofirek  
*EPF Championships secretary*