

Timetable after preliminary nomination European Master Equipped Powerlifting Championships 6th – 10th July 2022 in Eskilstuna, Sweden

Date: 9. May 2022

Day	Event	Start
Tuesday 5 th July 2022	Accreditation	12:00
	Technical Meeting	18:00

Day	Weight in	Categories	Lifters	Start	End
Wednesday 6 th July	09:00 - 10:30	Women M4+M3 (1+4) Men M4 (8)	13	11:00	13:30
	Opening Ceremony			14:00	
	12:30 - 14:00	Men M3 Group 1:84 (8) Group 2:74, 93, 105, 120, +120 (11)	19	14:30	18:30

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Thursday 7 th July	08:00 - 09:30	Women M2 Group 1:47, 52, 57, 63 (13) Group 2: 69, 76, +84 (12)	25	10:00	14:30
	13:00 - 14:30	Men M2 Group 1: 66, 74, 93 (13) Group 2: 83 (8)	21	15:00	19:00

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Friday 8 th July	08:00 - 09:30	Men M2 Group 1: 105 (7) Group 2: 120 and + 120 (12)	19	10:00	13:30
	12:00 - 13:30	Women M1 Group 1:47, 52, 57, 63, 76 (14) Group 2:69, 84, +84 (14)	28	14:00	19:00

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Saturday 9 th July	08:00 - 09:30	Men M1 Group 1: 66, 74, 83 (12)	12	10:00	12:30
	11:30 - 13:00	Men M1 Group 2: 93, 105 (12) Group 1: 120 and +120 (10)	22	13:30	18:00
	Closing banquet		159	20:00	

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