

Time Table

European Classic & Equipped Master, Open, Junior and Sub-Junior Benchpress Championships 2022

X1: 14. July 2022

Day	Weigh in	Categories	Start	Number of lifters	End after victory ceremony
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Timetable Classic Bench Press

Tuesday 2. August (157)	08:00-09:30	Group 1: Men M4 (17) Group 2: Women M4 and M3 (6+10)	10:00	33	12:30 (17)
	10:15-11:45	Group 1: Men M3 66, 74, 83 (11) Group 2: Men M3 93, 105, 120 and +120 (15)	13:00	26	14:30 (8)
		Opening ceremony	15:00		15:15
	10:30-12:00	Group 1: Women M2 52, 57, 63 and 76 (16) Group 2: Women M2 69, 84 and + 84 (16)	15:30	32	17:30 (8)
	14:30-15:00	Group 1: Men M2 59, 66, 74 and 83 (16) Group 2: Men M2 93, 105, 120 and +120 (18)	18:00	34	20:00 (8)
	16:30-18:00	Group 1: Women M1 47, 52, 57 and 63 (16) Group 2: Women M1 69 and 76 (9) Group 3: Women 84 and + 84 (10)	20:30	35	22:30 (8)

Wednesday 3. August (155)	08:00-09:30	Group 1: Men M1 59, 66, 74 and 83 (16) Group 2: Men M1 93 and 105 (15) Group 3: Men M1 105, 120 and +120 (12)	10:00	33	12:00 (8)
	10:00-11:30	Group 1: Women Sub Jr 43, 52, 57 and 63 (10) Group 2: Women Sub Jr 69, 76, 84 and +84 (11)	12:30	21	14:00
	10:00-11:30	Group 1: Women Jr 47, 52, 57 and 63 (12) Group 2: Women Jr 69, 76, 84 and +84 (13)	14.30	25	16:00 (8)
	13.00-14:30	Group 1: Men Sub Jr 53, 59, 66, 74 and 83 (11) Group 2: Men Sub Jr 93,105, 120 and + 120 (11)	16:30	22	18:00 (9)
	15:00-16:30	Group 1: Men Jr 59, 66, 74 (15) Group 2: Men Jr 83 and 93 (14) Group 3: Men Jr 105, 120 and +120 (16)	18:30	45	21:30 (8)

Thursday 4. August (119)	08:00-09:30	Group 1: Women Open 47 kg, 52 kg (11) Group 2: Women Open 57 kg, 63 kg (15)	10:00	26	11:30 (4)
		Group 1: Women Open 69 kg, 76 kg (15) Group 2: Women Open 84 kg, + 84 kg (11)	12:00	26	13:30 (4)
	10:00-11:30	Group 1: Men Open 59 kg and 74 kg (11) Group 2: Men Open 83 kg (15) Group 3: Men Open 66 and 93 kg (11)	14:00	37	16:00 (5)
	13:00-14:30	Group 1: Men Open 105 kg (13) Group 2: Men Open 120 kg and + 120 kg (17)	16:30	30	18:30 (3)

Banquet	20:00
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Timetable Equipped Bench Press

Friday 5. August (86)	08:00-09:30	Group 1: Men M4 all (11) Group 2: Men M3 59, 66, 74 and 83 (9) Group 3: Men M3 93, 105, 120 and +120 (13)	10:00	33	12:30 (13)
	11:00-12:30	Group 1: Men M2 59, 66, 74, 83 and 93 (12) Group 2: Men M2 105, 120 and + 120 (14)	13:00	26	15:30 (8)
	14:00-15:30	Group 1: Women M4, M3 and M1 all (1+4+6) Group 2: Women M2 all (16)	16:00	27	19:00 (13)

Saturday 6. August (92)	08:00-09:30	Group 1: Men Sub Junior all (9) Group 2: Men Jr 59, 66 and 74 (11) Group 3: Men Jr 83, 93, 105, 120 and +120 (12)	10:00	32	13:00 (15)
	10:30-12:00	Group 1: Women Sub Jr all (9) Group 2: Women Junior all (18)	14:00	27	16:30 (14)
	15:00-16:30	Group 1; Men M1 59, 66, 74, 83 and 93 (16) Group 2: Men M1 105, 120 and +120 (17)	17:00	33	19:30 (8)

Sunday 7. August (79)	08:00-09:30	Group 1: Women Open 47, 52, 57 and 63 (14) Group 2: Women Open 69 and 76 (10) Group 3: Women Open 84 and +84 (11)	10:00	35	12:30 (8)
	11:30-13:00	Group 1: Men Open 59, 66 and 83 (10) Group 2: Men Open 74 and 93 (11)	13:30	21	14:00 (5)
	13:00-14:30	Group 1: Men Open 105 (10) Group 2: Men Open 120 and +120 (13)	15:00	23	17:00 (3)

Banquet

20:00