

Timetable Sub-Junior and Junior after final nomination

23. November 2022

Day	Weigh in	Categories		Start	lifters	End
53						
Friday 25.11.2022	08:00-09:30	Sub Women 43, 47 and 52 Sub Women 57,0 and 63,0	14 15	10:00	29	15:00
	-	Opening ceremony		1530		1545
	14:00-15:30	Sub Women 69,0 and 76,0 Sub Women 84,0 and 84,0+	13 11	16:00	24	20:30
70						
Saturday 26.11.2022	07:00-08:30	Sub Men 53,0, 59,0 and 66,0 and Sub Men 74,0	14 13	09:00	27	13:30
	12:30-14:00	Sub Men 83,0 Sub Men 93,0	9 10	14:30	19	18:00
	16:30-18:00	Sub Men 105,0 Sub Men 120,0 and 120,0+	10 14	18:30	24	22:00
62						
Sunday 27.11.2022	07:00-08:30	Junior Men 53, 59 Junior Men 66, Men 74,0 B	1+7 8+7	09:00	23	13:00
	12:00-13:30	Junior Women 43,0, 47,0 and 52 Junior Women 57 B	14 9	14:00	23	18:00
	16:30-18:00	Junior Men 74,0 A Junior Women 57 A	8 8	18:30	16	21:30
48						
Monday 28.11.2022	08:00-09:30	Junior Women 63 B Junior women 63 A	8 9	10:00	17	13:00
	12:00-13:30	Junior Women 69 kg B Junior Women 76 kg B	11 4	14:00	15	17:00
	16:00-17:30	Junior Women 69,0 kg A Junior Women 76, 0 kg A	8 8	18:00	16	21:00
56						
Tuesday 29.11.2022	08:00-09:30	Junior Women 84,0 Junior Women 84,0+	8 6	10:00	14	13:00
	11:30-13:00	Junior Men 83,0 kg B Junior Men 93,0 kg B	12 14	13:30	26	18:00
	16:30-18:00	Junior Men 83,0 kg A Junior Men 93,0 kg A	8 8	18:30	16	21:30
46						
Wednesday 30.11.2022	07:00-08:30	Junior Men 105 C and 120,0 C Junior Men 105,0 kg B	5+5 6	09:00	16	12:00
	11:00 – 12:30	Junior Men 120,0 B Junior Men 120+ kg	6 8	13:00	14	16:00
	14:00-15:30	Junior Men 105,0 A Junior Men 120,0 A	8 8	16:00	16	19:00
Banquet for Juniors & Sub-Juniors				20:00	lifters	

Preliminary Timetable Open after final nomination

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Thursday 1.12.2022	07:00-09:30	Women 47,0 Women 52,0	6 13	09:00	19	13:00
	12:00-13:30	Men 59 and 66 Men 74,0	5+8 13	14:00	26	18:00
	16:30-18:00	Women 57 B Women 57 A	10 10	18:30	20	21:30

59

Friday 2.12.2022	08:00-09:30	Men 83 B Women 63	14 11	10:00	25	13:30
	12:30-14:00	Men 93 C Men 93 B	9 9	14:30	18	17:20
	16:00-17:30	Men 83 A Men 93 A	8 8	18:00	16	21:00

65

Saturday 3.12.2022	07:00-08:30	Women 69 B Women 76 B	12 9	09:00	21	13:00
	12:00-13:30	Women 69 A Women 76 A	8 8	14:00	16	17:00
	15:30-17:00	Men 105 B Men 105 A	13 13	17:30	26	21:30

57

Sunday 4.12.2022	07:00-08:30	Men 120 C and +120 Men 120 B	5+6 6	09:00	17	12:00
	10:30-12:00	Women 84 Women 84+	13 11	12:30	24	15:30
	14:00-15:30	Men 120 A Men +120 A	8 8	16:00	16	19:00

Banquet for Open categories	20:00	lifters
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