

Timetable: European Junior and Sub-junior Equipped Powerlifting Championships 2nd – 4th May 2023 in Thisted, Denmark

4 March 2023

Day	Weigh in	Categories	Start	Number of lifters	End after victory ceremony
Tuesday 2.5	08:00-09:30	Sub-junior women Group 1: 43, 47, 52, 57 (9) Group 2: 63, 69, 76, 84, +84 (11)	10:00	20	14:00
		Opening ceremony	15:00		
	13:30-15:00	Men Sub-junior Group 3: 59, 66, 74 , 83 93, 105, 120 and +120	15:30	12	18:30
45					
Wednesday 3.5	08:00-09:30	Men Junior Group 1: 53, 59, 66 and 74 (8) Group 2: 83 and 93 (12)	10:00	20	14:00
	13:00-14:30	Women Junior: Group 3: 43, 52, 57 and 63 (12) Group 4: 69, 76, 84 and +84 (13)	15:00	25	19:00
17					
Thursday 4.5	08:00-09:30	Men Junior Group 1: 105 (9) Group 2: 120, +120 (8)	10:00	17	13:30
		General Assembly	16:00		
Banquet for Sub-junior and Junior lifters			20:00	94	

Timetable European Open Equipped Powerlifting Championships

5th– 7th May 2023 in Thisted, Denmark

4 March 2023

Day	Weigh in	Categories	Start	Number of lifters	End after victory ceremony
Friday 5.5	08:00-09:30	Women Open Group 1: 47 and 52 (9) Group 2: 57 (11)	10:00	20	13:00
	12:00-13:30	Men Open Group 3: 59, 66 (6) and 74 (5)	14:00	11	17:30
	16:00-17:30	Men Open Group 5: 83 B (14)	18:00	14	21:00
39					
Saturday 6.5	08:00-09:30	Women Open Group 1: 63 (9) Group 2: 69 (7)	10:00	15	13:00
	12:00-13:30	Men Open Group 3: 93 (10) Group 4: 105 (14)	14:00	24	18:30
39					
Sunday 7.5	08:00-09:30	Women Open Group 1: 76 (9) Group 2: 84 and +84 (9+4)	10:00	22	14:30
	13:00-14:30	Men Open Group 3: 120 (9) Group 4: +120 (8)	15:00	17	18:30
Banquet for Open lifters			20:00	123	