

European Open, Sub-Junior, Junior & Masters Classic & Equipped Bench Press Championships 2023 from 31st July – 6th August 2023 In Merignac, France

Technical Meeting: Hotel SHERATOn Mérignac Aéroport 30th July at 20:00 in the venue

Day	Weigh in	Categories	Start	Number of lifters	End after victory ceremony
Timetable Classic Bench Press					93
Monday 31. July	08:00-09:30	Men M3 and M4 all M4 all (14) M3 74 - 93 kg (14) M3 105 - 120+ kg (10)	10:00	38	12:30
		Opening ceremony	13:30		14:00
	12:30 - 14:00	Women M3 and M4 all and M2 52 - 63 kg M4 all, M3 52 and 57 kg (9) M3 63 - 84+ kg (13) M2 52 - 63 kg (14)	14:30	36	17:00
	16:00 - 17:30	Women M2 69 - 84+ kg M2 69 and 76 kg (11) M2 84 and 84+ kg (8)	18:00	19	19:30
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Tuesday 1. August	08:00-09:30	Men M2 all M2 59 - 74 kg (10) M2 83 - 105 kg (13) M2 120 and 120+ kg (10)	10:00	32	12:15
	11:30 - 13:00	Women M1 all M1 47 - 57 kg (9) M1 63 and 69 kg (13) M1 76 - 84+ kg (13)	13:30	35	15:45
	15:00 - 16:30	Men M1 all M1 59 - 74 kg (11) M1 83 and 93 kg (17) M1 105 - 120+ kg (18)	17:00	46	20:00

TIMETABLE

Wednesday 2. August	08:00-09:30	Women Sub-Junior all 47 - 63 kg (12) 69 - 84+ kg (11)	10:00	23	11:45
	11:00 - 12:30	Men Sub-Junior all 53 - 66 kg (10) 74 and 83 kg (11) 93 - 120+ kg (9)	13:00	30	15:00
	13:30 - 15:00	Women Junior all 47 - 63 kg (14) 69 - 84+ kg (14)	15:30	28	17:30
	16:30 - 18:00	Men Junior all 59 - 74 kg (15) 83 kg (10) 93 kg (10) 105 kg (9) 120 and 120+ kg (9)	18:30	53	20:30

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Thursday 3. August	07:00 - 08:30	Men open 59 - 93 kg and Men Soi 59 kg Men Soi 59 and Men Open 59 - 74 kg (13) 83 kg (13) 93 kg (8)	9:00	34	11:15
	10:15 - 11:45	Women open 47 - 63 kg 47 and 52 kg (10) 57 kg (8) 63 kg (7)	12:15	25	14:00
	12:30 - 14:00	Women open 69 - 84+ kg 69 and 76 kg (12) 84 and 84+ kg (14)	14:30	26	16:15
	15:00 - 16:30	Men Open 105 - 120+ kg 105 and 120+ kg (13) 120 kg (10)	17:00	23	18:30
Banquet for Classic lifters			20:00	448	

TIMETABLE

Day	Weigh in	Categories	Start	Number of lifters	End after victory ceremony
Friday 4. August	08:00-09:30	Men M3 and M4 all M4 66 - 83 kg (10) M4 93 - 120+ kg (7) M3 59 - 93 kg (13) M4 105 - 120+ kg (10)	10:00	40	12:30
	11:30 - 13:00	Men M2 all 59 - 83 kg (10) 93 - 120+ kg (12)	13:30	22	15:00
	14:00 - 15:30	Women M2 - M4 all M3 and M4 all and M2 52 57 kg (12) M2 63 - 84+ kg (14)	16:00	26	18:00
	17:00 - 18:30	Women M1 M1 all (14')	19:00	14	20:15

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Saturday 5. August	08:00-09:30	Men Junior all (sub-junior and junior) Sub-junior all (15) Junior 59 - 93 kg (14) Junior 105 - 120+ kg (11)	10:00	40	12:30
	12:00 - 13:30	Women Junior all (sub-junior and junior) Subjunior all (12) Junior all (10)	14:00	22	15:45
	15:00 - 16:30	Men M1 all 66 - 83 kg (12) 93 - 120+ kg (17)	17:00	29	19:00

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Sunday 6. August	08:00-09:30	Women Open all 47 - 63 kg (14) 69 and 76 kg (8) 84 and 84+ kg (13)	10:00	35	12:30
	11:30 - 13:00	Men Open all, Men SOI 59 kg 59 - 83 kg, Men Soi 59 kg (15) 93 and 105 kg (16) 120 and 120+ (9)	13:30	40	16:00
Banquet for Open lifters			20:00	268	