



Provisional Timetable

(Weigh in and Start time are subject to change after final nomination)

Day	Weigh In Time	Classes	Start	End	Lifters	
Sunday 04.08.2024	Technical Meeting		20:00			
Classic Bench Press						
Monday 05.08.2024	09:00 – 10:30	Women	M4 all	11:00	12:30	8
		Women	M3 all			15
	Opening Ceremony			13:00		
	12:00 – 13:30	Women	M2 47 – 69 kg	14:00	16:00	16
		Women	M2 76 – 84+ kg			15
	14:30 – 16:00	Men	M4 all	16:30	18:30	11
Men		M3 all	22			
Tuesday 06.08.2024	08:00 – 09:30	Men	M2 59 – 83 kg	10:00	12:30	21
		Men	M2 93 – 105 kg			13
		Men	M2 120 – 120+ kg			12
	12:00 – 13:30	Women	M1 47 – 63 kg	14:00	16:00	13
		Women	M1 69 – 84+ kg			18
	14:40 – 16:00	Men	M1 59 – 74 kg	16:30	19:00	10
		Men	M1 83 – 93 kg			11
Men		M1 105 – 120+	18			
Wednesday 07.08.2024	08:00 – 09:30	Women	Sub Jun 43 – 57 kg	10:00	12:30	10
		Women	Sub Jun 63 – 84+ kg			16
		Men	Sub Jun 53 – 66 kg			18
	11:00 – 12:30	Men	Sub Jun 74 – 83 kg	13:00	15:30	16
		Men	Sub Jun 93 – 120+kg			21
	14:00 – 15:30	Women	Jun 43 – 57 kg	16:00	18:30	14
		Women	Jun 63 – 69 kg			14
		Women	Jun 76 – 84+ kg			15
	17:00 – 18:30	Men	Jun 53 – 66 kg	19:00	21:00	10
		Men	Jun 74 kg			13
Men		Jun 83 kg	12			
19:30 – 21:00	Men	Jun 93 – 105 kg	21:30	23:30	17	
	Men	Jun 120 – 120+ kg			15	



Thursday 08.08.2024	08:00 – 09:30	Men	Open 59 – 74 kg	10:00	12:30	17
		Men	Open 83 kg			15
		Men	Open 93 kg			9
	10:30 – 12:00	Women	Open 47 – 52 kg	12:30	14:30	12
		Women	Open 57 kg			11
		Women	Open 63 kg			11
	13:00 – 14:30	Women	Open 69 – 76 kg	15:00	16:30	14
		Women	Open 84 – 84+ kg			11
	15:00 – 16:30	Men	Open 105 kg	17:00	19:00	15
		Men	Open 120 – 120+ kg			18
Banquet				20:00		

Equipped Bench Press

Friday 09.08.2024	08:00 – 09:30	Men	M4 all and M3 59 – 83 kg	10:00	12:00	13
		Men	M3 93 – 120+ kg			13
	10:30 – 12:00	Women	M4 and M3 all and M2 47 – 57 kg	12:30	15:00	14
		Women	M2 63 – 84+ kg			17
		Women	M1 all			14
	13:30 – 15:00	Men	M2 59 – 93 kg	15:30	17:30	17
		Men	M2 105 – 120+ kg			19
	16:00 – 17:30	Men	M1 59 – 93 kg	18:00	20:00	11
		Men	M1 105 – 120+ kg			17

Saturday 10.08.2024	08:00 – 09:30	Men	Sub Jun 53 – 74 kg	10:00	11:30	9
		Men	Sub Jun 83 – 120+ kg			13
	10:00 – 11:30	Men	Jun 59 – 93 kg	12:00	14:00	19
		Men	Jun 105 – 120+ kg			14
	12:30 – 14:00	Women	Sub Jun 47 – 63 kg	14:30	16:00	12
		Women	Sub Jun 69 – 84+ kg			10
	14:30 – 16:00	Women	Jun 43 – 63 kg	16:30	18:00	13
		Women	Jun 69 – 84+ kg			12



Sunday 11.08.2024	08:00 – 09:30	Women	Open 47 – 57 kg	10:00	12:30	13
		Women	Open 63 – 69 kg			15
		Women	Open 76 – 84+ kg			15
	11:00 – 12:30	Men	Open 59 – 74 kg and SOI	13:00	14:30	13
		Men	Open 83 kg			9
	13:00 – 14:30	Men	Open 93 – 105 kg	15:00	17:30	20
		Men	Open 120 – 120+ kg			16
	Banquet				20:00	