

SCHEDULE

TUESDAY 09.30 hours to 11.00 hours Weigh-in for Wednesday Powerlifters
2nd November 15.30 hours to 17.00 hours Weigh-in for Wednesday Powerlifters

WEDNESDAY 07.00 hours to 08.30 hours Final Weigh-in for Wednesday Powerlifters
3rd November 09.00 hours Opening Ceremony
09.30 hours Powerlifting Competition Starts
09.00 hours to 10.30 hours Weigh-in for Thursday Powerlifters
15.30 hours to 17.00 hours Weigh-in for Thursday Powerlifters

POWERLIFTING FLIGHTS

1st Flight 09.30 hours 15 Lifters
2nd Flight 10.15 hours 15 Lifters
3rd Flight 11.00 hours 15 Lifters

All Women's Classes and Categories. All Men's 56 kg to 82.5 kg Classes and Categories

There will be a 30 minute interval after completion of all flights Squats and after all flights Bench Press

Awards Presentation of Lifter awards approximately 30 minutes following end of competition

THURSDAY 07.00 hours to 08.30 hours Final Weigh-in for Thursday Powerlifters
4th November 09.00 hours Powerlifting Competition
09.00 hours to 10.30 hours Weigh-in for Friday Powerlifters
15.30 hours to 17.00 hours Weigh-in for Friday Powerlifters

POWERLIFTING FLIGHTS

1st Flight 09.00 hours 9 Lifters
2nd Flight 09.30 hours 10 Lifters
3rd Flight 10.15 hours 10 Lifters

All Men's 90 kg to 100 kg Classes and Categories

There will be a 30 minute interval after completion of all flights Squats and after all flights Bench Press

Awards Presentation of Lifter awards approximately 30 minutes following end of competition

FRIDAY 07.00 hours to 08.30 hours Final Weigh-in for Friday Powerlifters
5th November 09.00 hours Powerlifting Competition
10.30 hours to 12.00 hours Weigh-in for Saturday Bench Press &
Dead Lifters
15.30 hours to 17.00 hours Weigh-in for Saturday Bench Press &
Dead Lifters
19.00 hours WPF Congress Meeting
Venue: Redcar Hotel, Bath.

POWERLIFTING FLIGHTS

1st Flight 09.00 hours 11 Lifters
2nd Flight 09.30 hours 10 Lifters
3rd Flight 10.00 hours 10 Lifters

All Men's 110 kg to 140+ kg Classes and Categories

There will be a 30 minute interval after completion of all flights Squats and after all flights Bench Press

Awards Presentation of Lifter awards approximately 30 minutes following end of competition

SATURDAY	08.30 to 10.00 Hours	Final Weigh-in for Saturday Bench Press & Dead Lifters
6 th November	10.30 hours to 12.00 hours	Weigh-in for Sunday Bench Press & Dead Lifters
	15.30 hours to 17.00 hours	Weigh-in for Sunday Bench Press & Dead Lifters

BENCH PRESS FLIGHTS

1 st Flight	10.30 hours	10 Lifters
2 nd Flight	11.00 hours	12 Lifters
3 rd Flight	11.30 hours	12 Lifters
4 th Flight	12.00 hours	11 Lifters

All Women's Classes and Categories. All Men's 56 kg to 100kg Classes and Categories

Interval 13.00 hours

DEAD LIFT FLIGHTS

1 st Flight	14.00 hours	14 Lifters
2 nd Flight	14.45 hours	12 Lifters

All Women's Classes and Categories. All Men's 56 kg to 100 kg Classes and Categories

Awards Presentation of Lifter awards approximately 30 minutes following end of competition

SUNDAY	09.00 to 10.30 hours	Final Weigh-in for Sunday Bench Press & Dead Lifters
7 th November		

BENCH PRESS FLIGHTS

1 st Flight	11.00 hours	10 Lifters
2 nd Flight	11.30 hours	11 Lifters

Interval 12.00 hours

All Men's 110 kg to 140+ kg Classes and Categories

DEAD LIFT FLIGHTS

1 st Flight	13.30 hours	10 lifters
2 nd Flight	14.00 hours	11 Lifters

All Men's 110 kg to 140+ kg Classes and Categories

Awards Presentation of Lifter awards approximately 30 minutes following end of competition
Presentation of Best Lifter Awards. Presentation of Best Team Awards

Closing Ceremony