**Final timetable:**

**Friday, 20 September 2019**

**Classic Men and Women Bench Press**

Weigh-in 10.00 to 11.30

Start of event 12.00

**Morning Session**

Classic Bench Press Women 14 lifters – Start 12.00

Classic Bench Press Men 27 lifters - Group A Start 13,30 - Group B - Start 14.30

**Saturday, 21 September 2019**

**Classic Powerlifting Grand Prix Men and Women**

Weigh-in 10.00 to 11.30

Start of event 12.00

Equipped Bench Press Men & Women 6 lifters - Start 12.00

Classic Powerlifting **Grand Prix** Men 23 lifters – Group A and B

**Sunday, 22 September 2019**

**Equipped Powerlifting Men and Classic Powerlifting Women**

Weigh-in 10.00 to 11.30

Start of event 12.00

Equipped Powerlifting Men & Women 10 Lifters – Start 12.00

Classic Powerlifting **Grand Prix** Women 19 lifters - Group A and B - Start at 14.30