



Information

2022 Arnold Classic UK, in Birmingham, United Kingdom

23-25 September 2022

Technical Meeting: Thursday, 22nd September 2022 at 8pm
Holiday Inn Birmingham Airport – NEC
Address: Coventry Rd, Bickenhill, B26 3 QW, Great Britain

Lifting Schedule: As per nominations we have to change the lifting Schedule on two positions:

1. Friday 23rd Sept. Equipped Powerlifting – we need to switch the sessions – first men – second women
2. Saturday 24th Sept. Classic Powerlifting – we need to start earlier to be able to finish on time.

Final timetable:

Day	Session	Weigh In	Competition	Victory Ceremony
Friday, 23.09.22	1. Equipped Powerlifting Men – 7 Lifter	09:00 – 10:30	11:00 – 13:00	13:15
	2. Equipped Powerlifting Women – 12 Lifter	11:30 – 13:00	13:30 – 16:30	16:45
Saturday, 24.09.22	1. Classic Powerlifting Men – 20 Lifter	08:00 – 09:30	10:00 – 13:00	13:15
	2. Classic Powerlifting Women – 17 Lifter	11:30 – 13:00	13:30 – 16:30	16:45
Sunday, 25.09.22	1. Equipped Bench Press Women – 18 Lifter	09:00 – 10:30	11:00 – 13:00	13:15
	2. Equipped Bench Press Men – 16 Lifter	11:30 – 13:00	13:30 – 16:30	16:45

Referee Duty List: Will be published on EPF and IPF Webpage!

Venue Access/Accreditation:

We will send out the vouchers for the NEC Access (Accreditation) to all Member Federations who nominated lifters and coaches via e-mail.

It is the responsibility of the national federation to forward the vouchers to the athletes and coaches – no voucher no access!

Please print out the voucher and bring it with you to the NEC where you will receive your badge!



ALL participants will receive a 3-day (all weekend) pass to enter the NEC. Access to NEC from 7:30am

Transport:

There is no official shuttle service from the IPF. However, there is a complimentary shuttle provided from the Airport (recommended hotels in the invitation) to NEC. Another option is a train from the Airport to NEC which will depart every 10 minutes (daily cost about 7 Euros).