

**World Open, Sub-Junior, Junior & Master's Equipped Bench Press Championships**

**in Potchefstroom, South Africa, April 22-28, 2018**

**Final timetable**

<b>Day</b>	<b>Weigh in time</b>	<b>Classes</b>	<b>Start</b>
Sunday 22 <sup>nd</sup> April		<b>Technical meeting</b>	20:00
Monday 23 <sup>rd</sup> April	09.00 – 10.30	Men M1 – M4 59 - 74 kg. 11 Lifters	11:00
		<b>OPENING CEREMONY</b>	14:00
	13:00 – 14:30	. Women M1 – M4 47 kg. & 52 5 Lifters	15:00
	15:00 – 16:30	Men M1 – M4 83 kg. 13 Lifters	17:00
Tuesday 24 <sup>th</sup> April	09.00 – 10.30	Women M1 - M4 57 kg. & 63 kg. 9 Lifters	11:00
	12:00 – 13.30	Men M1 - M4 93 kg. 16 Lifters	14:00
	14:00 -15:30	Women M1 – M4 72 - +84 kg. 12 Lifters	16:00
Wednesday 25 <sup>th</sup> April	10.00 – 11.30	Men M1 - M4 105 kg. 16 Lifters	12:00
	10:00 – 11.30	Men M1 – M4 120 - +120 kg 10 Lifters	12:00
		<b>BANQUET FOR MASTERS</b>	20:00
Thursday 26 <sup>th</sup> April Ses 1	8:00 – 09:30	Sub-Junior Men 53 - +120 kg. 25 Lifters	10:00
Session 2	11:00 – 12:30	Sub-Junior Women All 13 Lifters	13:00
Session 3	13:00 – 14:30	Junior Men 53 - 83 kg. 19 Lifters	15:00
Session 4	15.00 – 16.30	Junior Women ALL 20 Lifters	17:00
Friday 27 <sup>th</sup> April	08:00 – 09:30	Junior Men 93 - +120 kg 13 Lifters	10:00
	10:00 – 11:30	Open Women 47 - 63 kg 18 Lifters	12:00
	12:00 – 13:30	Open Men 59 - 66 kg 10 Lifters	14:00
	14:00-15:30	Open Women 72 - +84 kg 19 Lifters	16:00
Saturday 28 <sup>th</sup> April	07.00 – 08.30	Open Men 74 - 83 kg 17 Lifters	09:00
	09:00 – 10.30	Open Men 93 - 105 kg 19 Lifters	11:00
	11:00 – 12:30	Open Men 120 - +120 kg 17 Lifters	13:00
		<b>BANQUET</b>	19:00