

Provisional time Table: World Bench Press Championships 2019 - Japan

| Day | | Weight-in time | | Classes | Start |
|----------------------------|---------------------------|----------------|---|--|--------------|
| Friday | 17 th May 2019 | | | Technical Meeting | 20:00 |
| CLASSIC BENCH PRESS | | | | | |
| Saturday | 18 th May 2019 | 06:00 – 07:30 | Platform 1 Men M1-M2 59 – 74kg 2 Groups | Platform 2 Men M3– M4 59 – 74kg 2 Groups | 08:00 |
| | | 08:30 – 10:00 | Platform 1 Women M2 47 - +84kg 2 Groups | Platform 2 Women M3– M4 47 – 84+kg 2 Groups | 10:30 |
| | | 10:30 – 12:00 | Platform 1 Women M1 47,52 & 63kg 2 Group | Platform Women M1 57 & 72kg 2 Groups | 12:30 |
| | | 12:30 – 14:00 | Platform 1 Women M1 84 -+84kg 2 Groups | | 14:30 |
| | | | | Opening Ceremony | 15:30 |
| | | 14:30 – 16:00 | Platform 1 Men M1 – M2 83kg 2 Groups | Platform 2 Men M3 – M4 83kg 1 Group | 16:30 |
| | | 16:00 – 17:30 | Platform 1 Men M1 – M2 93kg 1 Group | Platform 2 Men M3 – M4 93kg 1 Group | 18:00 |
| | | 17:30 – 19:00 | Platform 1 Men M1 –M2 105kg 2 Groups | Platform 2 Men M3 – M4 105kg 1 Group | 19:30 |
| Sunday | 19 th May 2019 | 07:00 – 08:30 | Platform 1 Men M1 – M2 120 -+120kg 2 Groups | Platform 2 Men M3 – M4 120 -+ 120kg 2 Groups | 09:00 |
| | | 09:00 – 10:30 | Platform 1 Women All Sub-Juniors 2 Groups | | 11:00 |
| | | 11:00 – 12:30 | Platform 1 Men Sub Jun 83 – +120kg 2 Groups | Platform 2 Men Sub-Jun 53 – 74kg 2 Groups | 13:00 |
| | | 13:00 – 14:30 | Platform 1 Women Junior 63 - 84kg 2 Groups | Platform 2 Women Junior 43 – 57kg 2 Groups | 15:00 |
| | | 15:00 – 16:30 | Platform 1 Men Junior 83 - +120kg 2 Groups | Platform 2 Men Junior 53- 74kg 2 Groups | 17:00 |
| Monday | 20 th May 2019 | 07:00 – 08:30 | Platform 1 Open Women 47 – 57kg 2 Groups | | 09:00 |
| | | 10:00 – 11:30 | Platform 1 Open Men 59 – 66kg 2 Groups | | 12:00 |
| | | 13:00 – 14:30 | Platform 1 Open Women 63 – 72kg 2 Groups | | 15:00 |
| | | 16:00 – 17:30 | Platform 1 Open Men 74 – 83kg 2 Groups | | 18:00 |

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| Tuesday | 21 st May 2019 | 08:00 – 09:30 | Platform 1 Open Men 93 – 105kg 2 Groups | | 10:00 |
| | | 11:00 – 12:30 | Platform 1 Open Women 84 – +84kg 2 Groups | | 13:00 |
| | | 14:00 – 15:30 | Platform 1 Open Men 120 – +120kg 2 Groups | | 16:00 |
| | | | | Closing Banquet | 19:00 |

EQUIPPED BENCH PRESS

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|-----------|------------------------------|---------------|---|---|-------|
| Wednesday | 22 nd May 2019 | 07:00 – 08:30 | Platform 1 Men M1-M2 59 – 74kg 2 Groups | Platform 2 Men M3– M4 59 – 74kg 2 Groups | 09:00 |
| | | 09:00 – 10:30 | Platform 1 Women M2 47 - +84kg 2 Groups | Platform 2 Women M3– M4 47 – 84+kg 2 Groups | 11:00 |
| | | 11:30 – 13:00 | Platform 1 Women M1 47 - 63kg 2 Group | Platform Women M1 72 - +84kg 2 Groups | 13:30 |
| | | 13:30 – 15:00 | Platform 1 Men M1 – M4 83kg 2 Groups | | 15:30 |
| | | 15:00 – 16:30 | Platform 1 Men M1 – M2 93kg 2 Group | Platform 2 Men M3 – M4 93kg 1 Group | 17:00 |
| | | 17:00 – 18:30 | Platform 1 Men M1 –M4 105kg 2 Groups | | 19:00 |
| Thursday | 23 rd May 2019 | 07:00 – 08:30 | Platform 1 Men M1 – M2 120 -+120kg 2 Groups | Platform 2 Men M3 – M4 120 –+ 120kg 1 Groups | 09:00 |
| | | 09:00 – 10:30 | Platform 1 Women All Sub-Juniors 2 Groups | | 11:00 |
| | | 11:00 – 12:30 | Platform 1 Men Sub Jun 53 – +120kg 2 Groups | | 13:00 |
| | | 13:00 – 14:30 | Platform 1 Women Junior 63 - 84kg 2 Groups | Platform 2 Women Junior 43 – 57kg 2 Groups | 15:00 |
| | | 15:00 – 16:30 | Platform 1 Men Junior 83 - +120kg 2 Groups | Platform 2 Men Junior 53- 74kg 2 Groups | 17:00 |
| Friday | 24 th May 2019 | 07:00 – 08:30 | Platform 1 Open Women 47 – 57kg 2 Groups | | 09:00 |
| | | 10:00 – 11:30 | Platform 1 Open Men 59 – 66kg 1 Groups | | 12:00 |
| | | 13:00 – 14:30 | Platform 1 Open Women 63 – 72kg 2 Groups | | 15:00 |

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| | | 16:00 – 17:30 | Platform 1 Open Men 74 – 83kg 2 Groups | | 18:00 |
| Saturday | 25 th May 2019 | 08:00 – 09:30 | Platform 1 Open Men 93 – 105kg 2 Groups | | 10:00 |
| | | 11:00 – 12:30 | Platform 1 Open Women 84 – +84kg 2 Groups | | 13:00 |
| | | 14:00 – 15:30 | Platform 1 Open Men 120 – +120kg 1 Groups | | 16:00 |
| | | | | Closing Banquet | 19:00 |