**Provisional time Table: IPF World Bench Press Championships 2022**

**Almaty, Kazakhstan**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Friday | 20th  May |  | **20:00** | **Technical meeting** | | | |
| EQUIPPED BENCH PRESS | | | | | | | |
| *Day* | | *Weight-in time* | *Start* | first platform | |  | |
| *age category* | *classes* |  |  |
| Saturday | 21st  May | 08:00 – 09:30 | 10:00 | Men M1 – M4 | 59 – 74kg |  |  |
|  |  |  | **13:00** | **Opening ceremony** | | | |
|  |  | 12:00 – 13:30 | 14:00 | Women M2 – М4 | 47 – 84+kg |  |  |
|  |  | 14:00 – 15:30 | 16:00 | Men M1 – M4 | 83kg - 93kg |  |  |
|  |  | 17:00 – 18:30 | 19:00 | Women M1 | 47 – 84+kg |  |  |
|  |  |  |  |  |  |  |  |
| Sunday | 22st  May | 07:00 – 08:30 | 09:00 | Men M1 – M4 | 105 – 120+kg |  |  |
|  |  | 11:00 – 12:30 | 13:00 | Women SubJunior and Junior | 47 – 84+kg |  |  |
|  |  | 15:30 – 17:00 | 17:30 | Men Subjunior and Junior | 53 – 120+kg |  |  |
|  |  |  |  |  |  |  |  |
| Monday | 23rd  May | 08:00 – 09:30 | 10:00 | Open Men | 59kg – 93kg |  |  |
|  |  | 11:00 – 12:30 | 13:00 | Open Women | 47kg – 84+kg |  |  |
|  |  | 15:00 – 16:30 | 17:00 | Open Men | 105kg – 120+kg |  |  |
|  |  |  | **20:00** | **Closing banquet** | | | |

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| CLASSIC BENCH PRESS | | | | | | | |
| *Day* | | *Weight-in time* | *Start* | first platform | |  | |
| *age category* | *classes* |  |  |
| Tuesday | 24th  May | 09:00 – 10:30 | 11:00 | Men M3 – M4 | 59 – 74kg |  |  |
|  |  | 12:00 – 13:30 | 14:00 | Women M1 – M4 | 47 – 63kg |  |  |
|  |  |  |  |  |  |  |  |
| Wednesday | 25th  May | 09:00 – 10:30 | 11:00 | Men M1 – M2 | 59 – 83kg |  |  |
|  |  | 13:00 – 14:30 | 15:00 | Women M1 – M4 | 69 – 84+kg |  |  |
|  |  |  |  |  |  |  |  |
| Thursday | 26th  May | 09:00 – 10:30 | 11:00 | Men M3 – M4 | 83 – 120+kg |  |  |
|  |  | 12:00 – 13:30 | 14:00 | Men M2 | 93 – 120+kg |  |  |
|  |  | 14:00 – 15:30 | 16:00 | Men M1 | 93 – 120+kg |  |  |
|  |  |  |  |  |  |  |  |
| Friday | 27th  May | 08:00 – 09:30 | 10:00 | Women Sub-Junior | 43 – 84+ |  |  |
|  |  | 10:00 – 11:30 | 12:00 | Men Sub-Junior | 53 – 120+ |  |  |
|  |  | 12:00 – 13:30 | 14:00 | Women Junior | 43 – 57 |  |  |
|  |  | 13:00 – 14:30 | 15:00 | Men Junior | 53 – 74 |  |  |
|  |  |  |  |  |  |  |  |
| Saturday | 28th  May | 08:00 – 09:30 | 10:00 | Women Junior | 63 – 84+ |  |  |
|  |  | 10:00 – 11:30 | 12:00 | Men Junior | 83 – 120+ |  |  |
|  |  | 13:00 – 14:30 | 15:00 | Open Women | 47 – 57 |  |  |
|  |  | 16:00-17:30 | 18:00 | Open Men | 59 -74 |  |  |
|  |  |  |  |  |  |  |  |
| Sunday | 29th  May | 08:00 – 09:30 | 10:00 | Open Women | 63 – +84 |  |  |
|  |  | 10:00 – 11:30 | 12:00 | Open Men | 83 – 93 |  |  |
|  |  | 14:00 – 15:30 | 16:00 | Open Men | 105 – 120+ |  |  |
|  |  |  | **20:00** | **Closing banquet** | | | |