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

**Almaty, Kazakhstan**

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| --- | --- | --- | --- | --- |
| Friday | 20th May |  | **20:00** | **Technical meeting** |
| EQUIPPED BENCH PRESS |
| *Day* | *Weight-in time* | *Start* | first platform |  |
| *age category* | *classes* |  |  |
| Saturday | 21stMay | 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 | 22stMay | 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 | 23rdMay | 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 | 24thMay | 09:00 – 10:30 | 11:00 | Men M3 – M4 | 59 – 74kg |  |  |
|  |  | 12:00 – 13:30 | 14:00 | Women M1 – M4 | 47 – 63kg |  |  |
|  |  |  |  |  |  |  |  |
| Wednesday | 25thMay | 09:00 – 10:30 | 11:00 | Men M1 – M2 | 59 – 83kg |  |  |
|  |  | 13:00 – 14:30 | 15:00 | Women M1 – M4 | 69 – 84+kg |  |  |
|  |  |  |  |  |  |  |  |
| Thursday | 26thMay | 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 | 27thMay | 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** |