

Final Timetable
2024 IPF World Classic & Equipped Bench Press Championships
Austin / Texas / USA

Classic Bench Press

Day	Weigh-in Time	Start	Age Category	Weight Category	Athletes	
Tuesday	21. May	19:00				
			Technical Meeting	Mariott Hotel		
Wednesday	22. May	07:30 - 9:00	09:30	All Men Masters	59 - 66kg	26
		10:00 - 11:30	12:00	All Women Masters	47 - 52kg	11
		11:30 - 13:00	13:30	Men Sub Junior and Junior	53 - 66kg	24
		14:40 - 15:30	16:00	Women Sub Junior and Junior	43 - 52kg	8
		17:30		Opening Ceremony		
		16:00 - 17:30	18:00	Women and Men Open	47 - 52kg 59 - 66kg	31
Thursday	23. May	10:00 - 11:30	12:00	All Women Masters	57kg	10
		11:30 - 13:00	13:30	All Men Masters	74kg	20
		13:30 - 12:30	15:30	Women Sub Junior and Junior	57kg	9
		14:30 - 16:00	16:30	Men Sub Junior and Junior	74kg	14
		16:00 - 17:30	18:00	Women and Men Open	57kg 74kg	16
Friday	24. May	08:30 - 10:00	10:30	All Men Masters	83kg	33
		11:00 - 12:30	13:00	All Women Masters	63kg	16
		13:00 - 14:30	15:00	Men Sub Junior and Junior	83kg	18
		14:30 - 16:00	16:30	Women Sub Junior and Junior	63kg	9
		16:00 - 17:30	18:00	Women and Men Open	63kg 83kg	21
Saturday	25. May	08:00 - 09:30	10:00	All Women Masters	69kg	12
		10:00 - 11:30	12:00	All Men Masters	93kg	30
		13:00 - 14:30	15:00	Women Sub Junior and Junior	69kg	6
				Men Sub Junior and Junior	93kg	11
		16:00 - 17:30	18:00	Women and Men Open	69kg 93kg	26
CBS Sports						
Sunday	26. May	07:00 - 08:30	09:00	All Men Masters	105kg	28
		09:30 - 11:00	11:30	All Women Masters	76 - 84kg	22
		12:00 - 13:30	14:00	Men Sub Junior and Junior	105kg	12
		13:00 - 14:30	15:00	Women Sub Junior and Junior	76 - 84kg	12
		CBS Sports	14:00 - 15:30	16:00	Women Open	76kg
15:00 - 16:30	17:00		Women and Men Open	84kg 105kg	21	
Monday	27. May	07:00 - 08:30	09:00	All Women Masters	84+kg	16
		08:30 - 10:00	10:30	All Men Masters	120kg	24
		10:30 - 12:00	12:30	All Men Masters	120+kg	24
		12:30 - 14:00	14:30	Women Sub Junior and Junior	84+kg	5
				Men Sub Junior and Junior	120 - 120+kg	15
		14:30 - 16:00	16:30	Men Open	120kg	10
		16:00 - 17:30	18:00	Women and Men Open	84+kg 120+kg	19
		CBS Sports				
		20:00		Closing Banquet		

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Equipped Bench Press

Day	Weigh-in Time	Start	Age Category	Weight Category	Athletes
Tuesday 28. May	08:30 – 10:00	10:30	All Men Masters	59 - 66kg	16
	10:30 – 12:00	12:30	All Women Masters	47 - 52kg	13
	12:30 – 14:00	14:30	Men Sub Junior and Junior	53 - 66kg	16
	14:30 – 16:00	16:30	Women Sub Junior and Junior	43 - 52kg	6
	16:00 – 17:30	18:00	Women and Men Open	47 - 52kg 59 - 66kg	19
Wednesday 29. May	07:00 – 08:30	09:00	All Women Masters	57 - 63kg	22
	09:00 – 10:30	11:00	All Men Masters	74kg	16
	10:30 - 12:00	12:30	All Men Masters	83kg	24
	13:00 - 14:30	15:00	Women Sub Junior and Junior	57 - 63kg	8
	14:30 - 16:00	16:30	Men Sub Junior and Junior	74 - 83kg	11
	16:00 – 17:30	18:00	Women and Men Open	57 - 63kg 74 - 83kg	34
Thursday 30. May	10:30 – 12:00	12:30	All Men Masters	93kg	20
	12:30 - 14:00	14:30	All Women Masters	69kg	12
	14:00 - 15:30	16:00	Men Sub Junior and Junior	93kg	5
			Women Sub Junior and Junior	69kg	5
	16:00 – 17:30	18:00	Women and Men Open	69kg 93kg	20
Friday 31. May	08:00 - 09:30	10:00	All Women Masters	76 - 84kg	24
	10:30 - 12:00	12:30	All Men Masters	105kg	20
	12:30 - 14:00	14:30	Women Sub Junior and Junior	76 - 84kg	10
			Men Sub Junior and Junior	105kg	8
	14:30 - 16:00	16:30	Women Open	76kg	10
	16:00 – 17:30	18:00	Women and Men Open	84kg 105kg	21
Saturday 1. June	07:30 - 09:00	09:30	All Men Masters	120 - 120+kg	35
	10:30 – 12:00	12:30	All Women Masters	84+kg	10
	12:00 - 13:30	14:00	Men Sub Junior and Junior	120 - 120+kg	7
			Women Sub Junior and Junior	84+kg	4
	14:00 - 15:30	16:00	Men Open	120kg	11
	16:00 – 17:30	18:00	Women and Men Open	84+kg 120+kg	18
		20:00		Closing Banquet	