

Updated 24th OCT..



LIFTING AND WEIGH-IN SCHEDULE

MONDAY 1.11.2010

START 14.00

WEIGH-IN

POWERLIFTING TEENAGE, JUNIOR, OPEN AND MASTER WOMEN
POWERLIFTING ALL TEENAGE MEN
31.10.2010, 14.00 – 16.00
31.10.2010, 18.00 – 19.00
1.11.2010, 12.00 – 13.00

TUESDAY 2.11.2010

START 10.00

WEIGH-IN

BENCH PRESS ALL TEENAGE, JUNIOR, OPEN AND MASTER WOMEN
BENCH PRESS ALL TEENAGE, JUNIOR AND MASTER MEN
1.11.2010, 10.00 – 12.00
1.11.2010, 17.00 – 18.00
2.11.2010, 08.00 – 09.00



WEDNESDAY 3.11.2010

START 10.00

WEIGH-IN

POWERLIFTING ALL MASTER MEN
2.11.2010, 10.00 – 12.00
2.11.2010, 17.00 – 18.00
3.11.2010, 08.00 – 09.00

THURSDAY 4.11.2010

START 10.00

WEIGH-IN

BENCH PRESS OPEN MEN 52 - 82,5 KG
POWERLIFTING ALL JUNIOR MEN
3.11.2010, 10.00 – 12.00
3.11.2010, 17.00 – 18.00
4.11.2010, 08.00 – 09.00

FRIDAY 5.11.2010

START 10.00

WEIGH-IN

START 16.00

START 17.00

START 18.00

START 19.30

POWERLIFTING OPEN MEN 52 - 90 KG
4.11.2010, 10.00 – 12.00
4.11.2010, 16.00 – 17.00
5.11.2010, 08.00 – 09.00
PRESS CONFERENCE (At the venue)
COCTAIL PARTY, MIKKELI CITY BOARD RECEPTION (With the personal invitation)
AGM (At the venue)
BANQUET (Start at the venue and continue in the restaurant PÄÄMAJA)



SATURDAY 6.11.2010

START 11.00

WEIGH IN

START 16.00

WEIGH IN

POWERLIFTING OPEN MEN 100 KG
5.11.2010, 11.00 – 13.00
5.11.2010, 16.00 – 17.00
6.11.2010, 09.00 – 10.00
BENCH PRESS OPEN MEN 90 KG - SHW
5.11.2010, 16.00 – 17.00
6.11.2010, 09.00 – 10.00
6.11.2010, 11.00 – 13.00
6.11.2010, 14.00 – 15.00

SUNDAY 7.11.2010

START 11.00

WEIGH-IN

POWERLIFTING OPEN MEN 110 - SHW
6.11.2010, 11.00 – 13.00
6.11.2010, 16.00 – 17.00
7.11.2010, 09.00 – 10.00