



World United Amateur Powerlifting

European Championships 2011

Rybnik, Polska 31.05.2011-04.06.2011

Dom Kultury Chwałowice, Ul. 1 Maja 95, 44-206 Rybnik

Lifting and Weight in chedule:

Competition starts every day at 9:30 am

Wednesday, June 01 (1 Czerwca)	Benchpress- Men: Teenager, Junior, Master
Thursday, June 02 (2 Czerwca)	Benchpress- Women: all age and weightclasses Benchpress- Men: Open and Submaster
Friday, June 03 (3 Czerwca)	Powerlifting- Men: Teenager, Junior, Master
Saturday, June 04 (4 Czerwca)	Powerlifting- Women: all age and weigthclasses Powerlifting- Men: Open and Submaster

Weight in:

Tuesday, May 31 (31 Maja)	9.30 am - 11.00 am only Wednesday- lifter 5.30 pm- 7.00pm only Wednesday- lifter
Wednesday, June 01 (1 Czerwca)	7.00 am- 8.30 am only Wednesday- lifter 9.30 am- 11.00 am only Thursday- lifter 5.30 pm- 7.00 pm only Thursday- lifter
Thursday, June 02 (2 Czerwca)	7.00 am- 8.30 am only Thursday - lifter 9.30 am- 11.00 am only Friday - lifter 5.30 pm- 7.00 pm only Friday – lifter
Friday, June 03 (3 Czerwca)	7.00 am- 8.30 am only Thursday - lifter 9.30 am- 11.00 am only Friday - lifter 5.30 pm- 7.00 pm only Friday – lifter
Saturday, June 04 (4 Czerwca)	7.00 am- 8.30 am