

Competition

Opening Ceremony:	3. December 2011,	9.00
Weigh-In:	2. December 2011,	10.00 – 12.00 Bench and Powerlifting (All Women, Men -52,-56,-67,5,-75,-82,5) 16.00 – 18.00 Bench and Powerlifting (All Women, Men -52,-56,-67,5,-75,-82,5)
	3. December 2010,	10.00 – 12.00 Bench and Powerlifting (Men -90,-100,-110,-125,-140,-140+) 14.00 – 16.00 Bench and Powerlifting (Men -90,-100,-110,-125,-140,-140+)

Competition Schedule:

3th December 2010	9.30	Bench and Powerlifting – All Women, Men till 67,5 kg
	14.0	Bench and Powerlifting – Men 75, 82,5 kg
4th December 2010	9.00	Bench and Powerlifting – Men 90,-100,-110,-125,-140,-140+ kg

This timetable is provisional, final timetable will be after logging all competitors on 18th November 2011.

Ján Matej
President of Slovak Powerlifting
Association