

Planned schedules by nominations (Tervezett beosztás a nevezések alapján)

Day 1 - 19th September - Sunday (1. nap - vasárnap)			
RAW Powerlifting Men Teens & Junior (RAW Erőemelés - Férfi Ifjúsági és Junior)			
Flt.			No. of comp.
A	Teens 52 -> 82,5	Squat	13
B	Teens 90 -> +140 & Juniors 52 -> 90	Squat	11
A	Teens 52 -> 82,5	Benchpress	13
B	Teens 90 -> +140 & Juniors 52 -> 90	Benchpress	11
A	Teens 52 -> 82,5	Deadlift	13
B	Teens 90 -> +140 & Juniors 52 -> 90	Deadlift	11
C	Juniors 100 -> +140	Squat	13
30 min break			
C	Juniors 100 -> +140	Benchpress	13
30 min break			
C	Juniors 100 -> +140	Deadlift	13

Day 2 - 20th September - Monday (2. nap - hétfő)			
RAW Powerlifting Men Masters (RAW Erőemelés - Férfi masters)			
Flt.			No. of comp.
A	M40-44 & M45-49 & M50-54 52kg -> 100 kg	Squat	15
B	M50-54 110 -> +140 & M55-59 & M60-64 & M65-69 & M70-74 & M75-79	Squat	14
A	M40-44 & M45-49 & M50-54 52kg -> 100 kg	Benchpress	15
B	M50-54 110 -> +140 & M55-59 & M60-64 & M65-69 & M70-74 & M75-79	Benchpress	14
A	M40-44 & M45-49 & M50-54 52kg -> 100 kg	Deadlift	15
B	M50-54 110 -> +140 & M55-59 & M60-64 & M65-69 & M70-74 & M75-79	Deadlift	14

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Day 3 - 21th September - Tuesday (3. nap - kedd)			
RAW Powerlifting all Woman & Men Open, Submasters (RAW Erőemelés - Összes nő & férfi open, submaster)			
Flt.			No. of comp.
A	women teen&junior&open&submaster	Squat	13
B	women all masters	Squat	13
A	women teen&junior&open&submaster	Benchpress	13
B	women all masters	Benchpress	13
A	women teen&junior&open&submaster	Deadlift	13
B	women all masters	Deadlift	13
C	men open 75/82,5/90/110	Squat	15
D	men open 100/125/140 & all men submasters	Squat	15
C	men open 75/82,5/90/110	Benchpress	15
D	men open 100/125/140 & all men submasters	Benchpress	15
C	men open 75/82,5/90/110	Deadlift	15
D	men open 100/125/140 & all men submasters	Deadlift	15

Day 4 - 22th September - Wednesday (4. nap - szerda)			
EQ Powerlifting & EQ Deadlift EQ – all athletes (EQ Erőemelés & EQ Felhúzás - Összes nő és férfi)			
Flt.			No. of comp.
A	All EQ powerlifter	Squat	5
B	EQ deadlift junior 60kg & open & M60-64 & M65-69 & M70-74	Deadlift	10
A	All EQ powerlifter	Benchpress	5
C	EQ deadlift submasters & M-40-44 & M45-49 & M50-54 & M55-59 & junior 125	Deadlift	10
A	All EQ powerlifter	Deadlift	5

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Day 5 - 23th September- Thursday (5. nap - csütörtök)			
RAW Deadlift - all athletes & RAW Benchpress Men Teens & Juniors (RAW Felhúzás összes nő és férfi & RAW Fekvenyomás - férfi ifjúsági és junior)			
Flt.			No. of comp.
A	Women Teens & Juniors	Deadlift	10
B	Women Open & Submasters	Deadlift	10
C	Women all masters	Deadlift	11
D	Men teens & juniors & submasters	Deadlift	13
E	Men M40-44 & M45-49	Deadlift	13
F	Men M50-54 & M55-59	Deadlift	11
G	Men M60-64 & M65-69 & M70-74 & M75-79	Deadlift	11
H	Men Open	Deadlift	11
I	Men Teen	Benchpress	12
J	Men Juniors	Benchpress	12

Day 6 - 24th September - Friday (6. nap - péntek)			
RAW Benchpress all Woman & Men Masters (RAW Fekvenyomás - összes nő & férfi masters)			
Flt.			No. of comp.
A	Women Teens & Juniors & Open	Benchpress	15
B	Women Submasters & M40-44	Benchpress	10
C	Women M45-49 & M50-54 & M55-59 & M60-64 & M70-74	Benchpress	12
D	Men M40-44 67,5kg -> 110kg	Benchpress	9
E	Men M40-44 125kg -> +140kg	Benchpress	10
F	Men M45-49 52kg -> 100kg	Benchpress	8
G	Men M45-49 110kg -> +140kg	Benchpress	13
H	Men M50-54 52kg -> 100kg	Benchpress	11
I	Men M50-54 110kg -> +140kg	Benchpress	13
J	Men M55-59	Benchpress	13
K	Men M60-64 & M65-69	Benchpress	14
L	Men M70-74 & M75-80 & M80+	Benchpress	8

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Day 7 - 25th September - Saturday (7. nap - szombat)			
RAW Benchpress men open, submasters & EQ Benchpress all athletes (RAW Fekvenyomás férfi open, submasters & EQ Fekvenyomás összes férfi és nő)			
Flt.			No. of comp.
A	Woman all & Men teens & juniors	EQ Benchpress	10
B	Men Open	EQ Benchpress	10
C	Men all submasters & M40-44 & M45-49 & M50-54	EQ Benchpress	14
D	Men M55-59 & M60-64 & M65-69 & M70-74 & M75-79 & M80+	EQ Benchpress	13
E	Men Open 52 -> 90	RAW Benchpress	10
F	Men Open 100 & 110	RAW Benchpress	13
G	Men all submasters	RAW Benchpress	10
H	Men Open 125 & 140	RAW Benchpress	9