



World United Amateur Powerlifting

Worldchampionships 2012

Herzberg/Elster, Germany

Venue: Elsterlandhalle, Wilhelm-Pieck-Ring 10, 04916 Herzberg/Elster

Lifting and Weigh in chedule

Wednesday, Sept. 26.	11:30 am 1:00 pm	Opening Benchpress: all women men open and submaster
Thursday, Sept. 27.	10:00 pm	Benchpress: men teenager, junior, masters
Friday, Sept. 28.	10:00 pm	Powerlifting: men teenager, junior, masters
Saturday, Sept. 29.	10:00 pm	Powerlifting: all women men open and submaster

Weigh in :

Tuesday, Sept. 25.	1:00 - 2:30 pm 4:30 - 6:00 pm	for Wednesday lifter for Wednesday lifter
Wednesday, Sept. 26.	10:00 - 11:30 am 11:30 am - 1:00 pm 4:30 - 6:00 pm	for Wednesday lifter for Thursday lifter for Thursday lifter
Thursday, Sept. 27.	7:00 - 8:30 am 10:00 - 11:30 am 4:30 - 6:00 pm	for Thursday lifter for Friday lifter for Friday lifter
Friday, Sept 28	7:00 - 8:30 am 10:00 - 11:30 am 4:30 - 6:00 pm	for Friday lifter for Saturday lifter for Saturday lifter
Saturday, Sept. 29.	7:00 - 8:30 am	for Saturday lifter

United Powerlifter