

African Powerlifting and Bench Press Championships 2024

Updated Timetable

					PLATFORM 1		
DATE	Session	Weigh-in	Lifting Start	Event	Gender / Age Category	Weight Classes	Number of lifters
Wed 30 Oct			10h00	APF CONGRESS			
			12h00	Technical Meeting			
	Session 1	14h00-15h30	16h00	Classic Bench Press	Men and Women	All	37
Thu 31 Oct	Session 1	08h00-09h30	10h00	Classic Powerlifting	Men SJ and Jun	All	23
	Session 2	11h00-12h30	13h00	Classic Powerlifting	Women SJ and Jun	All	9
	Session 3	13h00-16h30	17h00	Classic Powerlifting	Men Masters	All	30
Fri 1 Nov	Session1	08h00-09h30	10h00	Classic Powerlifting	Women Masters Women Open	All 47-63kg	9
	Session 2	12h00-13h30	14h00	Classic Powerlifting	Men Open Women Open	59-83kg 69-84+kg	24
Sat 2 Nov	Session1	07h00-08h30	09h00	Classic Powerlifting	Men Open	93-120+	21
	Session 2	11h00-12h30	13h00	Equipped Bench Press	Men and Women	All	34
	Session 3	13h00-14h30	15h00	Equipped Powerlifting	Men and Women	All	12