

African Powerlifting & Bench Press Championships

in Potchefstroom, South Africa

Updated timetable (as at 16/11/2021)

Day	Weigh in time	Classes	Start	Lifters
Monday 29th November		General Assembly	16:00	
		Technical meeting	19:00	
Tuesday 30th November	08:00 -09:30	Bench Press - Classic Women - ALL	10:00	15
		OPENING CEREMONY	12:00	
	11:00 – 12:30	Bench Press – Classic Men - ALL	13:00	35
	14:00 – 15:30	Bench Press – Equipped Women and Men	16:00	1 + 11
Wednesday 1st December	08:00 - 09:30	Equipped Powerlifting –Women	10:00	9
	11:00 - 12:30	Equipped Powerlifting – Men	13:00	9
	14:00 –15:30	Classic Powerlifting Men 53 kg – 66 kg	16:00	14
Thursday 2nd December	07:00 - 08:30	Classic Powerlifting Women 43 kg – 57 kg	09:00	6
	10:00 - 11:30	Classic Powerlifting Men 74 kg	12:00	18
	14:00–15:30	Classic Powerlifting Women 63kg – 69kg	16:00	19
Friday 3rd December	07:00 – 08:30	Classic Powerlifting Men 83 kg	09:00	19
	11:00 – 12:30	Classic Powerlifting Men 93 kg	13:00	11
	14:00 – 15:30	Classic Powerlifting Men 105 kg	16:00	14
Saturday 4 th December	08:00 – 09:30	Classic Powerlifting Women 76 kg - +84 kg	10:00	14
	11:00 – 12:30	Classic Powerlifting Men 120kg - +120 kg	13:00	21
		Best Lifter Awards	17h00	