

Africa Powerlifting & Bench Press Championships

in Potchefstroom, South Africa

Provisional timetable

Day		Weigh in time	Classes	Start
Tuesday 1 st October			Technical meeting	19:00
Wednesday 2 nd October			OPENING CEREMONY	11:00
	Session 1	12:00 - 13:30	Bench Press – Raw Men All Bench Press – Raw Women All	14:00
	Session2	15:00 – 16:30	Bench Press – Equipped Men & Women	17:00
Thursday 3 rd October	Session 1	07:00 - 08:30	Equipped Powerlifting – Men & Women	09:00
	Session 2	12:00-13:30	Raw Men 53 kg – 66 kg Raw Women 43 kg – 57 kg	14:00
Friday 4 th October	Session 1	07:00 – 08:30	Raw Men 74 kg – 83 kg	09:00
	Session 2	11:00 – 12:30	Raw Women 63 kg – 72 kg	13:00
	Session 3	15:00 – 16:30	Raw Men 93 kg – 105 kg	17:00
Saturday 5 th October	Session 1	07:00 – 08:30	Raw Women 84 kg - +84 kg	09:00
	Session 2	11:00 – 12:30	Raw Men 120kg - +120 kg	13:00
			Best lifter awards follow after last session	

Number of lifters

28 + 4

18

19

7 + 7

25

18

30

11

18