

HORARIOS EVENTOS DE POWERLIFTING



POWERLIFTING EVENTS TIMETABLE

VIERNES 26-SEPT-2014												FRIDAY 26-SEPT-2014											
9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00		
III OPEN DE ESPAÑA DE POWERLIFTING (raw y equipado, masculino y femenino) EN AREA POWERLIFTING (PLANTA BAJA)												III POWERLIFTING SPANISH OPEN (raw & equipped, men & women) POWERLIFTING ZONE (GROUND FLOOR)											
10:00 - 11:30 PESAJE												10:00 - 11:30 WEIGH IN											
12:00 COMPETICION												12:00 COMPETITION											
18:30 ENTREGA DE TROFEOS												18:30 AWARDS CEREMONY											
SÁBADO 27-SEPT-2014												SATURDAY 27-SEPT- 2014											
9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00		
II OPEN DE ESPAÑA DE PRESS BANCA REPS (masculino y femenino) EN AREA POWERLIFTING (PLANTA BAJA)												II BENCH PRESS BY REPETITIONS SPANISH OPEN (men & women) POWERLIFTING ZONE (GROUND FLOOR)											
9:00 - 10:30 PESAJE												9:00 - 10:30 WEIGH IN											
11:00 COMPETICION												11:00 COMPETITION											
12:00 ENTREGA DE TROFEOS												12:00 AWARDS CEREMONY											
I OPEN INTERNACIONAL DE PRESS BANCA (equipado, masculino y femenino) EN ESCENARIO PRINCIPAL DE PLANTA BAJA												I BENCH PRESS INTERNACIONAL OPEN (equipped, men & women) GROUND FLOOR MAIN SCENARIO											
11:30 - 13:00 PESAJE												11:30 - 13:00 WEIGH IN											
13:15 CEREMONIA DE INAGURACION												13:15 INAGURATION CEREMONY											
13:30 COMPETICION												13:30 COMPETITION											
15:00 ENTREGA DE TROFEOS												15:00 ENTREGA DE TROFEOS											
II OPEN INTERNACIONAL DE POWERLIFTING (equipado, masculino y femenino) EN AREA POWERLIFTING (PLANTA BAJA)												II POWERLIFTING INTERNACIONAL OPEN (equipped, men & women) POWERLIFTING ZONE (GROUND FLOOR)											
13:30 - 15:00 PESAJE												13:30 - 15:00 WEIGH IN											
15:30 COMPETICION												15:30 COMPETITION											
19:00 ENTREGA DE TROFEOS												19:00 AWARDS CEREMONY											
DOMINGO 28-SEPT-2014												SUNDAY 28-SEPT-2014											
9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00		
III OPEN DE ESPAÑA DE P. BANCA + P. MUERTO (raw y equipado, masculino y femenino) EN AREA POWERLIFTING (PLANTA BAJA)												III BENCH PRESS + DEADLIFT SPANISH OPEN (raw & equipped, men & women) POWERLIFTING ZONE (GROUND FLOOR)											
8:30 - 10:00 PESAJE												8:30 - 10:00 WEIGH IN											
10:30 COMPETICION												10:30 COMPETITION											
12:30 ENTREGA DE TROFEOS												12:30 AWARDS CEREMONY											
I OPEN INTERN. DE POWERLIFTING CLASICO (raw, masculino y femenino) EN AREA POWERLIFTING (PLANTA BAJA)												I CLASSIC POWERLIFTING INTERNACIONAL OPEN (raw, men & women) POWERLIFTING ZONE (GROUND FLOOR)											
11:30 - 13:00 PESAJE												11:30 - 13:00 WEIGH IN											
13:30 COMPETICION												13:30 COMPETITION											
16:30 ENTREGA DE TROFEOS												16:30 AWARDS CEREMONY											