



**Provisional time Table: IPF World Bench Press Championships 2021
Vilnius, Lithuania**

Thursday	21 st October		19:00	Technical meeting			
EQUIPPED BENCH PRESS							
<i>Day</i>		<i>Weight-in time</i>	<i>Start</i>	first platform			
				<i>age category</i>	<i>classes</i>		
Friday	22 nd October	08:00 – 09:30	10:00	Men M1 – M4	59 – 74kg	23 lifters	
			13:00	Opening ceremony			
		12:00 – 13:30	14:00	Women M2 – M4	47 – 84+kg	22 lifters	
		14:00 – 15:30	16:00	Men M1 – M4	83kg - 93kg	35 lifters	
		17:00 – 18:30	19:00	Women M1	47 – 84+kg	25 lifters	
Saturday	23 rd October	07:00 – 08:30	09:00	Men M1 – M4	105 – 120+kg	43 lifters	
		11:00 – 12:30	13:00	Women SubJunior and Junior	47 – 84+kg	60 lifters	
		15:30 – 17:00	17:30	Men Subjunior and Junior	53 – 120+kg	48 lifters	
Sunday	24 th October	08:00 – 09:30	10:00	Open Men	59kg – 93kg	27 lifters	
		11:00 – 12:30	13:00	Open Women	47kg – 84+kg	49 lifters	
		15:00 – 16:30	17:00	Open Men	105kg – 120+kg	29 lifters	
			20:00	Closing banquet			

CLASSIC BENCH PRESS

Day		Weight-in time	Start	first platform		second platform	
				age category	classes	age category	classes
Monday	25 th October	09:00 – 10:30	11:00	Men M3 – M4	59 – 74kg	13 lifters	
		12:00 – 13:30	14:00	Women M1 – M4	47 – 63kg	33 lifters	
Tuesday	26 th October	09:00 – 10:30	11:00	Men M1 – M2	59 – 83kg	32 lifters	
		13:00 – 14:30	15:00	Women M1 – M4	69 – 84+kg	26 lifters	
Wednesday	27 th October	09:00 – 10:30	11:00	Men M3 – M4	83 – 120+kg	29 lifters	
		12:00 – 13:30	14:00	Men M2	93 – 120+kg	16 lifters	
		14:00 – 15:30	16:00	Men M1	93 – 120+kg	29 lifters	
Thursday	28 th October	08:00 – 09:30	10:00	Women Sub-Junior	43 – 84+	27 lifters	
		10:00 – 11:30	12:00	Men Sub-Junior	53 – 120+	34 lifters	
		13:00 – 14:30	15:00	Women Junior	43 – 57	15 lifters	
		14:00 – 15:30	16:00	Men Junior	53 – 74	12 lifters	
Friday	29 th October	08:00 – 09:30	10:00	Women Junior	63 – 84+	19 lifters	
		10:00 – 11:30	12:00	Men Junior	83 – 120+	25 lifters	
		13:00 – 14:30	15:00	Open Women	47 – 57	17 lifters	
Saturday	30 th October	09:00-10:30	11:00	Open Men	59 -74	19 lifters	
		12:00 – 13:30	14:00	Open Women	63 – 76	20 lifters	
		14:00 – 15:30	16:00	Open Men	83 – 105	27 lifters	
Sunday	31 st October	08:00 – 09:30	10:00	Open Women	84 – 84+	12 lifters	
		09:00 – 10:30	11:00	Open Men	120 – 120+	24 lifters	
			20:00	Closing banquet			