

New Time Table

Classic & Equipped Commonwealth Open, Sub-Junior, Junior & Master's Powerlifting & Bench Press Championships

Potchefstroom South Africa , September 10-17, 2017

Provisional Timetable

Day	Weigh in time	Classes	Start
Sunday 10 th Sept		CONGRESS	15:00
Sunday 10 th Sept		Technical meeting	19:00
Monday 11 th Sept	07:00-08:30	SPECIAL OLYMPICS	09:00
		OPENING CEREMONY	10:00
24 Lifters	08:30 – 10:00	CLASSIC BENCH PRESS All - Women 43.0 – +84.0 kg.	10:30
26 Lifters	10:30 – 12:00	CLASSIC BENCH PRESS All – Men 53.0 – 83.0 kg.	12:30
28 Lifters	12:30 – 14:00	CLASSIC BENCH PRESS All – Men 93.0 --+120.0 kg.	14:30
35 Lifters	14:30 – 16:00	EQUIPPED BENCH PRESS All – Men 53.0 – +120.0 kg.	16:30
14 Lifters	17:30 – 19:00	EQUIPPED BENCH PRESS All – Women 43.0 – +84.0 kg.	19:30
Tuesday 12 th Sept	06:00 – 07:30	EQUIPPED POWERLIFTING - All WOMEN 27 Lifters	08:00
	11:00 – 12:30	EQUIPPED POWERLIFTING – All MEN 35 Lifters	13:00
Wednesday 13 th Sept	06:00 – 07:30	All Women 47.0 52.0 kg. 18 Lifters	08:00
	10:00 -11:30	All Men 53.0 – 66.0 kg. 26 Lifters	12:00
	15:00 – 16:30	All Women 57.0 kg +M1 47kg 21 Lifters	17:00
Thursday 14 th Sept	07.00 – 08.30	All – Men 74.0 kg. 21 Lifters	09:00
	12:00 – 13.30	All Women 63.0kg 16 Lifters	14:00
Friday 15 th Sept	06:00 -07:30	All Men 83.0 kg 26 Lifters	08:00
	11:00 -12:30	All Men 93.0 kg 21 Lifters	13:00
Saturday 16 th Sept	06:00-07:30	All Women 72.0 kg. 21 Lifters	08:00
	10:00 – 11:30	All Men 105.0 kg 21 Lifters	12:00
	14:00 – 15:30	All Women 84.0 kg 17 Lifters	16:00
Sunday 17 th Sept	07:00-08:30	All Women +84.0 kg 11 Lifters	09:00
	10:00-11:30	All Men 120.0 -- +120 kg 20 Lifters	12:00
BANQUET			19:00