8th Classic & Equipped Commonwealth Open, Sub-Junior, Junior & Master's Powerlifting & Bench Press Championships
St. John's, Newfoundland & Labrador (YYT), Canada - September 15-21, 2019
Provisional Timetable

TIME	SUNDAY - SEPT 15th		MONDAY - SEPT 16th		TUESDAY - SEPT 17th		WEDNESDAY - SEPT 18th		THURSDAY - SEPT 19th		FRIDAY - SEPT 20th		SATURDAY - SEPT 21st	
	Weighin	Start	Weighin	Start	Weighin	Start	Weighin	Start	Weighin	Start	Weighin	Start	Weighin	Start
6:00			Equipped Women Bench - All		Equipped Men Bench - All		Equipped Men Powerlifting All Open		Classic Women Powerlifting All JR		Classic Men Powerlifting Jr, Open & Master 93		Classic Men Powerlifting Jr Open & Master 105	
6:30														
7:00														
7:30			30		46		20		30		24		20	
8:00			Equipped Men Powerlifting All JR & Master	Equipped Women Bench - All		Equipped Men Bench - All		Equipped Men Powerlifting All Open		Classic Women Powerlifting All JR		Classic Men Powerlifting Jr Open & Master 93		Classic Men Powerlifting Jr Open & Master 105
8:30														
9:00														
9:30			37		Equipped Women Powerlifting All									
10:00	Technical Meeting			Equipped Men Powerlifting All JR & Master							Classic Women Powerlifting Open Up to 63		Classic Men Powerlifting Jr Open & Master 120 & +120	
10:30														
11:00					40		Classic Women Powerlifting Masters Up to 63							
11:30	CPF Congress					Equipped Women Powerlifting All			Classic Men Powerlifting SJr & Masters up to 83		14		26	
12:00														Classic Men Powerlifting Jr Open & Master 120 & +120
12:30							26					Classic Women Powerlifting Open Up to 63		
13:00								Classic Women Powerlifting Masters Up to 63	25					
13:30										Classic Men Powerlifting Jr & Masters up to 83	Classic Women Powerlifting Open 72 & up			
14:00														
14:30											24			
15:00			Classic Women Bench - All											
15:30	Special Olympics All						Classic Women Powerlifting Masters 72 & up					Classic Women Powerlifting Open 72 & up		
16:00					Classic Men Bench Up to 93				Classic Men Powerlifting Open & Jr Up to 83					
16:30			Opening Ceremony											
17:00	11		54	Classic Women Bench - All	35		39		32				Banquet	
17:30		Special Olympics All				Classic Men Bench Up to 93		Classic Women Powerlifting Masters 72 & up		Classic Men Powerlifting Open Up to 83				
18:00					Classic Men Bench 105 & up									
18:30														
19:00														
19:30					28									
20:00						Classic Men Bench 105 & up								
20:30														
21:00														
21:30														
22:00														
22:30														
23:00														