

IPF 12th Sub-Junior & 30th Junior World POWERLIFTING CHAMPIONSHIPS 2012

**From August 28th to September 2nd
in Szczyrk / Poland**

T i m e t a b l e

Opening Ceremony: Tuesday, August 28th, 2012 at 09:00

Day	Weigh-in time	Classes		Start
Monday, 27.08.2012		Technical Meeting		20:00
Tuesday, 28.08.2012		Opening Ceremony		09:00
	08:00 – 09:30	SJ/J-Women	43.0 & 47.0 kg	10:00
	12:00 – 13:30	SJ/J-Men	53,0 kg	14:00
	15:00 – 16:30	SJ/J-Women	52.0 kg	17:00
Wednesday, 29.08.2012	08:00 – 09:30	SJ/J-Men	59.0 kg	10:00
	12:00 – 13:20	Women	57,0 kg	14:00
	15:00 - 16:30	SJ/J-Men	66.0 kg	17:00
Thursday, 30.08.2012	08:00 – 09:30	SJ/J-Women	63.0 kg	10:00
	11:30 – 13:00	SJ/J-Men	74.0 kg	13:30
	16:30 – 18:00	SJ-Men	83.0 kg	18:30
Friday, 31.08.2012	08:00 – 09:30	Women	72.0 kg	10:00
	11:30 – 13:00	J-Men	83.0 kg	13:30
	15:30 – 17:00	SJ/J-Men	93.0 kg	17:30
Saturday, 01.09.2012	08:00 – 09:30	Women	84.0 & 84+ kg	10:00
	13:00 – 14:30	SJ/J-Men	105.0 kg	15:00
Sunday, 02.09.2012	08:00 – 09:30	SJ-Men	120.0 & 120+ kg	10:00
	11:00 – 12:30	J-Men	120.0 & 120+ kg	13:00