

Provisional time Table: IPF World Bench Press Championships 2023
Sun City South Africa
Technical Meeting Saturday 19th May 2023 19:00

CLASSIC BENCH PRESS							
<i>Day</i>		<i>Weight-in time</i>	<i>Start</i>	<i>first platform</i>			
				<i>age category</i>	<i>classes</i>		
Saturday	20 th May	07:00 – 08:30	09:00	Men M3 – M4	59 – 74kg		
		10:00 – 11:30	12:00	Women M1 – M4	47 – 63kg		
		Opening Ceremony			14:30		
		13:00 – 14:30	15:00	Men M1 – M2	59 - 83kg		
Sunday	21 st May	07:00 – 08:30	09:00	Women M1 – M4	69 – 84+kg		
		10:00 – 11:30	12:00	Men M3 – M4	83 - 120+kg		
		13:00 – 14:30	15:00	Men M2	93 – 120+kg		
		16:00 – 17:30	18:00	Men M1	93 – 120+kg		
Monday	22 nd May	08:00 – 09:30	10:00	Women Sub-Junior	43 – 84+		

		10:00 – 11:30	12:00	Men Sub-Junior	53 – 120+		
		13:00 – 14:30	15:00	Women Junior	43 – 57		
		14:00 – 15:30	16:00	Men Junior	53 – 74		
Tuesday	23 rd May	08:00 – 09:30	10:00	Women Junior	63 – 84+		
		10:00 – 11:30	12:00	Men Junior	83 – 120+		
		13:00 – 14:30	15:00	Open Women	47 – 57		
		16:00-17:30	18:00	Open Men	59 -74		
Wednesday	24 th May	07:00 – 08:30	09:00	Open Women	63 – 76		
		09:00 – 10:30	11:00	Open Men	83 – 105		
		12:00 – 13:30	14:00	Open Women	84 – 84+		
		14:00 – 15:30	16:00	Open Men	120 – 120+		
			20:00	Closing banquet			

EQUIPPED BENCH PRESS							
Day		Weight-in time	Start	first platform			
				age category	classes		
Thursday	25 th May	07:00 – 08:30	09:00	Men M1 – M4	59 – 74kg		
		10:00 – 11:30	12:00	Women M2 – M4	47 – 84+kg		
		13:00 – 14:30	15:00	Men M1 – M4	83kg - 93kg		
		16:00 – 17:30	18:00	Women M1	47 – 84+kg		
Friday	26 th May	07:00 – 08:30	09:00	Men M1 – M4	105 – 120+kg		
		10:00 – 11:30	12:00	Women Sub-Junior and Junior	47 – 84+kg		
		13:00 – 14:00	15:00	Men Sub-junior and Junior	53 – 120+kg		



Saturday	27th May	07:00 – 08:30	09:00	Open Men	59kg – 93kg		
		10:00 – 11:30	12:00	Open Women	47kg – 84+kg		
		13:00 – 14:30	15:00	Open Men	105kg – 120+kg		
			20:00	Closing banquet			