



Tāmaki Makaurau Aotearoa  
**TE WHAKATAETAE HIKITANGA PEI MUA  
 TAUMAHEKEHEKE HOA WHENUA**

**IPF COMMONWEALTH POWERLIFTING  
 AND BENCH PRESS CHAMPIONSHIPS**  
 Auckland New Zealand



## Final Timetable

Sunday 27th November		
3pm	Accreditation opens	Attendees may collect their lanyards from the foyer of the venue
5pm	Opening Ceremony	Join us for a traditional Maori welcoming ceremony called a <i>powhiri</i> . Members of the local tribe ( <i>iwi</i> ) will welcome us into the venue, representatives from each attending nation are asked to join in the procession which will be lead by Team New Zealand
8pm	Technical Meeting	To be held in the BNZ Theatre
Monday 28th November		
Weigh in	Lifting begins	Platform A: BNZ Theatre
7am	9am	<b>Session 1:</b> Flight B: Women Classic All Sub-Junior ( <b>Flight B lift first</b> ) Flight A: Women Classic Junior 43-57kg
11am	1pm	<b>Session 2:</b> Flight B: Men Classic Sub-Junior 53-74kg Flight A: Men Classic Sub-Junior 83-120+kg
3pm	5pm	<b>Session 3:</b> Flight B: Women Classic Junior 63-69kg Flight A: Women Classic Junior 76-84kg



Tuesday 29th November			
Weigh in	Lifting begins	Platform A: BNZ Theatre	Platform B: Sir Noel Robinson Conference Centre
7am	9am	<b>Session 4:</b>  Flight B: Men Classic Junior 53kg-66kg  Flight A: Men Classic Junior 74kg,120kg,120+kg	<b>Session 5:</b>  Flight C: All Women Equipped Bench Only ( <b>Flight C lift first</b> )  Flight B: Men Equipped Bench Only All Masters  Flight A: Men Equipped Bench Only Open and Junior
11am	1pm	<b>Session 6:</b>  Flight B: Women Classic Junior 84+kg  Flight A: Men Classic Junior 83kg	<b>Session 7:</b>  Flight C: Women Classic Bench Only, Junior and Masters 2  Flight B: Women Classic Bench Only, Sub-Junior and Masters 1, 3 & 4  Flight A: Women Classic Bench Only Open
3pm	5pm	<b>Session 8:</b>  Flight B: Men Classic Junior 93kg  Flight A: Men Classic Junior 105kg	<b>Session 9:</b>  Flight C: Men Classic Bench Only Sub-Junior, Junior, Masters 3 & 4  Flight B: Men Classic Bench Only Masters 1  Flight A: Men Classic Bench Only M2

Wednesday 30th November			
Weigh in	Lifting begins	Platform A: BNZ Theatre	Platform B: Sir Noel Robinson Conference Centre
7am	9am	<b>Session 10:</b>  Flight B: All Women Classic Masters 3 and 4	<b>Session 11:</b>  Flight B: Men Classic Bench Only Open 66kg-93kg



		Flight A: Women Classic Masters 2 52kg-69kg	Flight A: Men Classic Bench Only Open 105kg-120+kg
11am	1pm	<b>Session 12:</b>  Flight B: Men Classic Masters 3 and 4  Flight A: Men Classic Masters 2 66kg-83kg	<b>Session 13:</b>  Flight B: Men Special Olympics All  Flight A: Women Equipped Sub-Junior, Masters 2, 3 and 4
3pm	5pm	<b>Session 14:</b>  Flight B: Women Classic Masters 2 76kg-84+kg  Flight A: Women Classic Masters 1 47kg-63kg	<b>Session 15:</b>  Flight B: Men Equipped Masters 3 and 4  Flight A: Men Equipped Sub-Junior and Junior

<b>Thursday 1st December</b>			
Weigh in	Lifting begins	Platform A: BNZ Theatre	Platform B: Sir Noel Robinson Conference Centre
7am	9am	<b>Session 16:</b>  Flight B: Men Classic Masters 2 93kg-105kg  Flight A: Men Classic Masters 2 120kg-120+kg	<b>Session 17:</b>  Flight B: Women Equipped Masters 1  Flight A: Women Equipped Junior
11am	1pm	<b>Session 18:</b>  Flight B: Women Classic Masters 1 69kg-76kg  Flight A: Women Classic Masters 1 84kg -84+kg	<b>Session 19:</b>  Flight B: Men Equipped Masters 1 and 2  Flight A: Men Equipped Open 66kg-93kg
3pm	5pm	<b>Session 20:</b>  Flight B: Men Classic Masters 1 59kg, 66kg, 83kg, 93kg  Flight A: Men Classic Masters 1 74kg, 105kg, 120kg, 120+kg	<b>Session 21:</b>  Flight B: Women Equipped All Open  Flight A: Men Equipped Open 105kg-120+kg



Friday 2nd December		
Weigh in	Lifting begins	Platform A: BNZ Theatre
7am	9am	<b>Session 22:</b> Flight B: Women Classic Open 47kg-57kg Flight A: Women Classic Open 63kg
11am	1pm	<b>Session 23:</b> Flight B: Men Classic Open 59kg-66kg Flight A: Men Classic Open 74kg
3pm	5pm	<b>Session 24:</b> Flight B: Women Classic Open 69kg Flight A: Women Classic Open 76kg

Saturday 3rd December		
Weigh in	Lifting begins	Platform A: BNZ Theatre
7am	9am	<b>Session 25:</b> Flight B: Men Classic Open 83kg Flight A: Men Classic Open 105kg
11am	1pm	<b>Session 26:</b> Flight B: Men Classic Open 93kg (670kg nomination & below) Flight A: Men Classic Open 93kg (670kg nomination & above)
3pm	5pm	<b>Session 27:</b> Flight A: Women Classic Open 84kg-84+kg

Sunday 4th December		
Weigh in	Lifting begins	Platform A: BNZ Theatre
7am	9am	<b>Session 28:</b> Flight B: Men Classic Open 120kg



	Flight A: Men Classic Open 120+kg
7pm	Closing Ceremony and Banquet: Sir Noel Robinson Conference Centre

