

NEW Lifting Schedule

IPF World Open Classic Powerlifting Championships Sun City / South Africa 06.-11.06.2022

Day	Weigh-in Time	Men/Women	Category	Start	End	Lifters
Monday, 06.06.22	08:00 - 09:30	Men	59kg	10:00	12:00	6
		Opening	Ceremony	12:30	12:50	
	11:00 - 12:30	Women	47kg	13:00	16:00	9
		Women	52kg	16:00	19:00	13
Tuesday, 07.06.22	08:00 - 09:30	Men	66kg B-Group	10:00	14:00	7
	08:00 - 09:30	Men	74kg B-Group	10:00	14:00	8
	12:30 - 14:00	Women	57kg	14:30	18:30	17
	17:00 - 18:30	Men	66kg A-Group	19:00	22:00	8
	17:00 - 18:30	Men	74kg A-Group	19:00	22:00	8
	Wednesday, 08.06.22	07:00 - 08:30	Women	69kg B-Group	09:00	13:30
07:00 - 08:30		Men	83kg B-Group	09:00	13:30	15
12:00 - 13:30		Women	63kg	14:00	18:00	19
17:00 - 18:30		Women	69kg A-Group	19:00	22:00	8
17:00 - 18:30		Men	83kg A-Group	19:00	22:00	8
Thursday, 09.06.2022	08:00 - 09:30	Women	76kg B-Group	10:00	13:30	10
	12:00 - 13:30	Men	93kg B-Group	14:00	18:00	18
	17:00 - 18:30	Women	76kg A-Group	19:00	22:00	8
	17:00 - 18:30	Men	93kg A-Group	19:00	22:00	8
Friday, 10.06.22	12:00 - 13:30	Men	105kg B-Group	14:00	18:00	11
	12:00 - 13:30	Men	120kg B-Group	14:00	18:00	10
	17:00 - 18:30	Men	105kg A-Group	19:00	22:00	8
	17:00 - 18:30	Men	120kg A- Group	19:00	22:00	8
Saturday, 11.06.22	07:30 - 09:00	Women	84kg and 84+kg	09:30	14:00	9/9
	12:30 - 14:00	Men	120+kg	14:30	17:00	11