

NEW ZEALAND POWERLIFTING FEDERATION
New Zealand Powerlifting Championships 2022,
Globe, Palmerston North (New Zealand), 01-05.08.2022
Final Timetable

Monday 1 August 2022

Session 1

Weigh In:	8:00am			
Start:	10:00am			
	GRP A	Women	All Sub Juniors, Juniors- 52kg, 63kg	7
	GRP B	Women	Juniors- 69kg, 84kg, 84+kg	8

Session 2

Weigh In:	12:00pm			
Start:	2:00pm			
	GRP A	Men	All Sub Juniors	14
	GRP B	Men	Juniors- 59kg, 66kg, 74kg, 83kg	14

Tuesday 2 August 2022

Session 3

Weigh In:	6:30am			
Start:	8:30am			
	GRP A	Men	Juniors- 93kg	9
	GRP B	Men	Juniors- 105kg, 120kg, 120+kg	8

Session 4

Weigh In:	12:00pm			
Start:	2:00pm			
	GRP A	Women	All M2, M3, M4	14
	GRP B	Women	M1, 52kg, 57kg, 63kg, 69kg	8
	GRP C	Women	M1, 84kg, 84+kg	8

Session 5

Weigh In:	4:30pm			
Start:	6:30pm			
	GRP A	Men	Masters 2	9
	GRP B	Men	Masters 1	12

Wednesday 3 August 2022

Session 6

Weigh In:	8:00am			
Start:	10:00am			
	GRP A	Men	Masters 3- 4	11
	GRP B	Men	Open, 59kg 66kg	7

Session 7

Weigh In:	12:00pm			
Start:	2:00pm			
	GRP A	Women	Open, 52kg, 57kg, 63kg	12
	GRP B	Women	Open, 69kg, 76kg	13

AGM After Lifting Concludes

Thursday 4 August 2022

Session 8

Weigh In: 7:00am
Start: 9:00am

GRP A	Men	Open, 74kg	12
GRP B	Men	Open, 83kg	9

Session 9

Weigh In: 12:00pm
Start: 2:00pm

GRP A	Men	Open, 93kg	12
GRP B	Men	Open, 105kg	12

Session 10

Weigh In: 4:00pm
Start: 6:00pm

GRP A	Women	Open, 84kg	8
GRP B	Women	Open 84+kg	9

Friday 5 August 2022

Session 11

Weigh In: 8:00am
Start: 10:00am

GRP A	Men	Open, 120kg	10
GRP B	Men	Open 120+kg	7

Banquet

7.00pm