

General information:

Groups with less than 10 lifter receive a break after each round (i.e. after the first attempts, after the 2. attempts). Listen to the announcer how much break your group gets and take your time!

Competition times:

Saturday

Start of the competition: 10:00

A-group squat, 5-minute break

B-group squat, 10 minutes modifying the stage

A group bench press, 5 minutes break

B-group bench press, 10 minutes modifying the stage

A-group deadlift, 5 minutes break

B-group deadlift

30 minutes lunch break

C-group squat, 5 minutes break

D-group squat, 10 minutes modifying the stage

C-group bench press, 5 minutes break

D-group bench press, 10 minutes modifying the stage

C-group deadlift, 5 minutes break

D-group deadlift

Sunday

10:00 start of competition bench press

A group, 5 minutes

B group, 5 minutes break

C group, 5 minutes break

D group, 10 minutes break

E group, 10 minutes break

F group

30 minutes lunch break

deadlift

A group, 5 minutes

B group, 5 minutes break

C group, 5 minutes break

D Group

Weigh-in times:

Friday

18:00 to 20:00 for (for Saturday starter),

Saturday,

8:00 to 9:30,

18:00 to 19:30,

Sunday,

8:00 to 9:30

Award ceremonies:

After the last group deadlift (after our GPU-president has changed his gear)