

Dear participants of the European Championships,

The preliminary time table is as follows:

Competition times:

Saturday June 30, 2018,

10:00 am: Opening Ceremony, Powerlifting
(Squat Flight 1-3, Bench Flight 1-3, Deadlift Flight 1-3)

Breaks will be announced on the meet day.

Sunday July 01, 2018:

10:00 am Bench Press,

30 min Break,

Deadlift

Weigh in times:

Friday, June 29, 2018

6:00 pm until 8:00 pm for (for Saturdays lifters),

Saturday, June 30, 2018,

8.00 am until 9.30 am,

6:00 pm until 7:30 pm,

Sunday, July 01, 2018,

8.00 am until 9.30,

Awards ceremonies:

Saturday, June 30, 2018

9:00 pm in the Hall of the
Restaurant „Zum Blauen Loch“, Zeyherstr. 3, Schwetzingen

Saturday, July 01, 2018

Immediately after final deadlift