

## **Competition times:**

**Sunday July 21, 2019:**

10:00 am Bench Press Group A,

20 min Break,

Bench Press Group B,

20 min Break,

Bench Press Group C,

**30 min Break,**

Deadlift Group D,

20 min Break,

Deadlift Group E,

Award Ceremony after the last flight

## **Weigh in times:**

Weigh in on Saturday 20. July 2019, 6 pm to 8 pm

Weigh in on Sunday, 20. July 2019, 8 am to 9.30 am