

Timetable Friday

9 am: Start of the Competition

- 1) Squat Flight B
- 2) 10 Min Break
- 3) Squat Flight C
- 4) 20 Minute Break
- 5) Bench Press Flight A
- 6) 10 Minute Break
- 7) Bench Press Flight B
- 8) 10 Minute Break
- 9) Bench Press Flight C
- 10) 75 Minute Lunch Break
- 11) Deadlift Flight A
- 12) 10 Minute Break
- 13) Deadlift Flight B
- 14) 10 Minute Break
- 15) Deadlift Flight

Awards Ceremony about 1h after final lift