

WPC 2016 WORLDS SCHEDULE

Two platforms every day.

MONDAY NOVEMBER 7th 2016 START TIME: 9:00am

- Classic Raw Power Lifting/Women: Teens, Juniors, Open, Masters
- Classic Raw Power Lifting/Men: Teens, Juniors, Open, Masters

WEIGH-IN TIMES: Sunday November 6th 9am to 12pm and 3pm to 6pm

TUESDAY NOVEMBER 8th 2016 START TIME: 9:00am

- Raw Power Lifting/Women: Teens, Juniors, Masters
- Raw Power Lifting/Men: Masters

WEIGH-IN TIMES: Monday November 7th 9am to 12pm and 3pm to 6pm

WEDNESDAY NOVEMBER 9th 2016 START TIME: 9:00am

- Raw Power Lifting/Women: Open
- Raw Power Lifting/Men: Teens, Juniors, Open

WEIGH-IN TIMES: Tuesday November 8th 9am to 12pm and 3pm to 6pm

THURSDAY NOVEMBER 10th 2016 START TIME: 9:00am

- Single Ply Power Lifting/Women: Teens, Juniors, Masters
- Single Ply Power Lifting/Men: Teens, Juniors, Masters
- Multi Ply Power Lifting/Women: Teens, Juniors, Masters
- Multi Ply Power Lifting/Men: Teens, Juniors, Masters

WEIGH-IN TIMES: Wednesday November 9th 9am to 12pm and 3pm to 6pm

FRIDAY NOVEMBER 11th 2016 START TIME: 9:00am

- Raw Bench Press/Women: Teens, Juniors, Open, Masters
- Raw Bench Press/Men: Teens, Juniors, Open, Masters
- Single Ply Bench Press/Women: Teens, Masters
- Single Ply Bench Press/Men: Teens, Masters
- Multi Ply Bench Press/Women: Teens, Masters
- Multi Ply Bench Press/Men: Teens, Masters

WEIGH-IN TIMES: Thursday November 10th 9am to 12pm and 3pm to 6pm

SATURDAY NOVEMBER 12th 2016 START TIME: 9:00am

- Single Ply Bench Press/Women: Juniors, Open
- Single Ply Bench Press/Men: Juniors, Open
- Multi Ply Bench Press/Women: Juniors, Open
- Multi Ply Bench Press/Men: Juniors, Open
- Single Ply Dead Lift/Women: Teens, Juniors, Open, Masters
- Single Ply Dead Lift/Men: Teens, Juniors, Open, Masters
- Raw Dead Lift/Women: Teens, Juniors, Open, Masters
- Raw Dead Lift/Men: Teens, Juniors, Open, Masters

WEIGH-IN TIMES: Friday November 11th 9am to 12pm and 3pm to 6pm

SUNDAY NOVEMBER 13th 2016 START TIME: 9:00am

- Single Ply Power Lifting/Women: Open
- Single Ply Power Lifting/Men: Open
- Multi Ply Power Lifting/Women: Open
- Multi Ply Power Lifting/Men: Open

WEIGH-IN TIMES: Saturday November 12th 9am to 12pm and 3pm to 6pm