

# WPC World Championships Preliminary Schedule

**Rules briefing each day: 8.30am**

**Start time for all days: 9am**

Please note: RAW (naked knees, no knee wraps or knee sleeves). Classic RAW (knee wraps or knee sleeves).

## **Day 1: 31 October**

POWERLIFTING RAW: WOMEN – all age and weight classes

EQUIPPED BENCH ONLY AND DEADLIFT ONLY, (single and multiply) Men and Women – all age and weight classes

## **Day 2: 1 November**

POWERLIFTING RAW: MEN. Open, Teenage and Junior - all weight categories

POWERLIFTING EQUIPPED: MEN AND WOMEN – single and multiply, all weight and age categories

## **Day 3: 2 November**

POWERLIFTING RAW: MEN Masters - all weight classes

POWERLIFTING CLASSIC RAW: MEN Masters – all weight classes

POWERLIFTING CLASSIC RAW: MEN Teenage – all weight classes

## **Day 4: 3 November**

POWERLIFTING CLASSIC RAW: MEN Open and Junior – all weight classes

## **Day 5: 4 November**

POWERLIFTING CLASSIC RAW: WOMEN – all age and weight classes

## **Day 6: 5 November**

BENCH ONLY AND DEADLIFT ONLY RAW: MEN AND WOMEN – all age and weight classes

***Weigh in Schedule - YOU MUST HAVE YOUR PASSPORT TO WEIGH IN***

*Weigh in Schedule: 24 hour weigh in ONLY*

9am to 11am & 6pm to 7pm

Weigh in will take place in The Mill, this is past reception, down the steps and is on your left hand side.