

**World Open, Sub-Junior, Junior & Master's RAW Bench Press Championships**

**in Potchefstroom South Africa , May 14-21, 2016**

**Provisional timetable**

Day	Weigh in time	Classes	Start
Saturday 14 <sup>th</sup> May		<b>Technical meeting</b>	20:00
Sunday 15 <sup>th</sup> May	9.00 – 10.30	Men M1 – M4 59 kg. & 66 kg. 16	11:00
		<b>Opening Ceremony</b>	14:00
	13:00 – 14:30	Men M1 & M2 74 kg. 11	15:00
	15:00 – 16:30	Men M3 & M4 74 kg. & 83 kg. 10	17:00
	17:00 – 18:30	Men M1 & M2 83 kg. 11	19:00
Monday 16 <sup>th</sup> May	8.00 – 09.30	Women M1- M4 47 kg - 63 kg. 11	10:00
	10:00 – 11.30	Men M3 & M4 93 kg. 6	12:00
	13:00 -14:30	Women M1 – M4 72 kg. 10	15:00
	15:00 – 16:30	Men M1 & M2 93 kg. 11	17:00
	17:00 – 18:30	Women M1 – M4 84 kg. & +84 kg. 10	19:00
Tuesday 17 <sup>th</sup> May	8.00 – 09.30	Men M3 & M4 105 kg. & 120 kg. & +120 kg. 9	10:00
	10:00 – 11.30	Men M2 120 kg. & +120 kg. 9	12:00
	13:00 – 14:30	Men M1 & M2 105 kg 14	15:00
	15:00 – 16:30	Men M1 120 kg. & + 120 kg 10	17:00
Wednesday 18 <sup>th</sup> May	8:00 – 09:30	Sub-Junior Men 53 - 74 kg. 11	10:00
	10:00 – 11:30	Sub-Junior Women All 6	12:00
	13:00 – 14:30	Sub-Junior Men 83 - +120 kg. 12	15:00
		<b>NO MORE SESSION</b>	
		BANQUET FOT MASTERS – ELGRO LODGE	12:00

Thursday 19 <sup>th</sup> May	9.00 – 10.30	Junior Men 53 – 83 kg	23	11:00
	11:00 – 12.30	Junior Women ALL	8	13:00
	14:00 – 15:30	Junior Men 93 - +120 kg	14	16:00
	16:00 – 17:30	Open Women 47 – 63 kg	20	18:00
Friday 20 <sup>th</sup> May	9.00 – 10.30	Open Men 59 – 66 kg	13	11:00
	11:00 – 12.30	Open Women 72 - +84 kg	19	13:00
	14:00 – 15:30	Open Men 74 – 83 kg	15	16:00
	16:00 – 17:30	Open Men 93 – 105 kg.	23	18:00
Saturday 21 <sup>st</sup> May	09.00 – 10.30	Open Men -120kg & +120kg	17	11:00
		<b>BANQUET IN ELGRO HOTEL BLUE ROOM</b>		19:00