

**NEW TIMETABLE**  
**WORLD SUB-JUN & JUNIOR EQUIPPED & CLASSIC POWERLIFTING**  
**CHAMPIONSHIPS – ISTANBUL TURKEY 2022**

Day	Weigh-in time	Classes		Start
Friday, 26.08.2022		Accreditation		09:00
		Technical Meeting		20:00
		<b>Equipped Powerlifting</b>		
Saturday, 27.08.2022	08:00 - 09:30	Men S/J + Jun	53kg / 59kg 15	10:00
		Open Ceremony		13:00
	12:00 – 13:30	Women S/J + Jun	43kg / 47kg 11	14:00
	15:00 – 16:30	Men S/J + Jun	66 kg 12	17:00
Sunday, 28.08.2022	08:00 – 09:30	Women S/J + Jun	52kg – 57kg 15	10:00
	12:00 – 13:30	Men S/J + Jun	74kg 9	14:00
	14:30 – 16:00	Women S/J +Jun	63kg – 69kg 18	16:30
Monday, 29.08.2022	08:00 – 09:30	Men S/J + Jnr	83kg 15	10:00
	12:00 – 13:30	Women S/J + Jun	76kg +84kg 22	14:00
	16:00 – 17:30	Men S/J + Jun	93kg 9	18:00
Tuesday, 30.08.2022	09:00 – 10:30	Men S/J + Jun	105kg 10	11:00
	12:00 – 13:30	Men S/J + Jun	120kg - +120kg 15	14:00
		<b>Closing Banquet</b>		19:00
		<b>Classic Powerlifting</b>		
Wednesday, 31.08.2022	08:00 - 09:30	Men S/J + Jun	53kg 9	10:00
		<b>Open Ceremony</b>		13:00
	12:00 – 13:30	Women S/J +Jun	43kg / 47kg 14	14:00
	15:00 – 16:30	Men S/J +Jun	59kg 27	17:00
Thursday 1.09.2022	06:00 – 07:30	Women S/Jnr	52kg – 57kg 17	08:00
	10:00 – 11:30	Men S/Jun + Jun	66kg 20	12:00
	14:00 – 15:30	Women Jun	52kg – 57kg 25	16:00
	18:30 – 20:00	Women S/Jun	63kg 11	20:30
Friday 2.09.2022	06:00 – 07:30	Women Jun	63kg 18	08:00
	10:00 - 11:30	Men S/J + Jun	74kg 34	12:00
	15:00 – 16:30	Women S/Jun	69kg – 76kg 16	17:00
	18:00 – 19:30	Women Jun	69kg – 76kg 23	20:00
Saturday 03.09.2022	06:00 – 07:30	Men S/J + Jun	83kg 35	08:00
	12:00 – 13:30	Men S/J + Jun	93kg 28	14:00
	17:00 – 18:30	Men S/J + Jun	105kg 29	19:00
Sunday, 04.09.2022	07:00 – 08:30	Women S/J + Jun	84kg +84kg 26	09:00
	11:00 – 12:30	Men S/Jun	120kg - +120kg 11	13:00
	13:00 – 14:30	Men Jun	120kg - +120kg 23	15:00
		<b>Closing Banquet</b>		19:00