

North American Powerlifting Federation
International Powerlifting Federation Championships
10th NAPF/FESUPO Pan-American Regional Bench Press Championships
18th IPF/NAPF North American Regional Bench Press Championships
Barcelo Hotel: San Jose, Costa Rica
October 30 to November 2, 2024
Last Revision: October 1, 2024

Final Timetable of Events

Updated on October 1, 2024

October 30, 2024	Arrival of Athletes/Officials	0900 hrs
October 30, 2024	Athlete/Officials Accreditation	0900 hrs
October 30, 2024	Technical Meeting / Referee Meeting	1700 hrs
October 31, 2024	Weigh-in: Para-Powerlifting, Special Olympians and Youth	0800 hrs
October 31, 2024	Opening Ceremony	0900 hrs
October 31, 2024	Lifting: Para-Powerlifting, Special Olympians, and Youth	1000 hrs
October 31, 2024	Victory Ceremony	1130 hrs
October 31, 2024	Weigh-in: Classic Masters Men 59 kg – 83 kg	1100 hrs
October 31, 2024	Lifting: Classic Masters Men 59 kg – 83 kg	1300 hrs
October 31, 2024	Victory Ceremony	1400 hrs
October 31, 2024	Weigh-in: Classic Masters Women 47 kg – 84+ kg	1300 hrs
October 31, 2024	Lifting: Classic Masters Women 47 kg – 84+ kg	1500 hrs
October 31, 2024	Victory Ceremony	1600 hrs
October 31, 2024	Weigh-in: Classic Masters Men 93 kg – 120+ kg	1500 hrs
October 31, 2024	Lifting: Classic Masters Men 93 kg – 120+ kg	1700 hrs
October 31, 2024	Victory Ceremony	1800 hrs
November 1, 2024	Weigh-in: Classic Sub Junior/Junior/Open Men 53 kg – 83 kg	0800 hrs
November 1, 2024	Lifting: Classic Sub Junior/Junior/Open Men 53 kg – 83 kg	1000 hrs
November 1, 2024	Victory Ceremony	1130 hrs
November 1, 2024	Weigh-in: Classic Sub-Junior/Junior/Open Women 43 kg – 84+ kg	1100 hrs
November 1, 2024	Lifting: Classic Sub Junior/Junior/Open Women 43 kg – 84+ kg	1300 hrs
November 1, 2024	Victory Ceremony	1430 hrs
November 1, 2024	Weigh-in: Classic Sub Junior/Junior/Open Men 93 kg – 120+ kg	1400 hrs
November 1, 2024	Lifting: Classic Sub-Junior/Junior/Open Men 93 kg – 120+ kg	1600 hrs
November 1, 2024	Victory Ceremony	1730 hrs
November 2, 2024	Weigh-in: All Equipped Women 43 kg – 84+ kg	0800 hrs
November 2, 2024	Lifting: All Equipped Women 43 kg – 84+ kg	1000 hrs
November 2, 2024	Victory Ceremony	1100 hrs
November 2, 2024	Weigh-in: All Equipped Men 53 kg – 120+ kg	1130 hrs
November 2, 2024	Lifting: All Equipped Men 53 kg – 120+ kg	1330 hrs
November 2, 2024	Victory Ceremony	1530 hrs
November 2, 2024	Banquet/Closing Ceremonies	1900 hrs
November 3, 2024	Sightseeing Tours	0900 hrs
November 4, 2024	Departure of all Delegations	0900 hrs