

# WC POWERLIFTING SCHEDULE CASTLEBLANEY 2021

Friday 26 november

18:00 – 20:00

Welcome reception at venue with snacks and drinks.

Iontas Centre, Castleblaney, Co. Monaghan, R.O.I.

Saturday 27 november

Weighing : 7:00 – 8:30 Start competition 9:30

Flight 1 women squat -44 kg till -58.5kg ( 9:30) on time

Flight 2 women squat -63 kg till -70 kg ( 10:10) approx

Flight 1 women bench -44 kg till -58.5kg ( 11:00) approx

Flight 2 women bench -63 kg till -70 kg ( 11:40) approx.

Flight 1 women deadl -44 kg till -58.5kg ( 12:30) approx

Flight 2 women deadl -63 kg till -70 kg ( 13:10) approx.

Finish ( 14:00 ) approx

Flight 3 women squat -80 kg till +90kg ( 14:30) on time

Flight 4 men squat 56 kg till 82.52 kg ( 15:00) approx.

Flight 3 women bench -80 kg till +90kg ( 15:50) approx

Flight 4 men bench 56 kg till 82.52 kg ( 16:30) approx

Flight 3 women deadl -80 kg till +90kg ( 17:10) approx

Flight 4 men deadl 56 kg till 82.52 kg ( 17:40) approx.

Finish ( 18:30 ) approx.

Trophies 19:00 end 20:00

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Sunday 28 november

Weighing : 8:00 – 9:30    Start competition 10:30

Flight 1 men squat 90 kg till 100kg    ( 10:30) on time

Flight 2 men squat 110 kg till 145 kg    ( 11:00) approx

Flight 1 men bench 90 kg till 100kg    ( 11:50) approx

Flight 2 men bench 110 kg till 145 kg    ( 12:25) approx

Flight 1 men deadl 90 kg till 100kg    ( 13:10) approx

Flight 2 men deadl 110 kg till 145 kg    ( 13:40) approx

Finish    ( 14:30 ) approx.

Trophies 15:00 end 16:00