



World United Amateur Powerlifting

Worldchampionships 2012

Herzberg/Elster, Germany

Venue: Elsterlandhalle, Wilhelm-Pieck-Ring 10, 04916 Herzberg/Elster

Lifting and Weigh in chedule

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| Wednesday, Sept. 26. | 11:30 am 1:00 pm | Opening Benchpress: all women men open and submaster |
| Thursday, Sept. 27. | 10:00 pm | Benchpress: men teenager, junior, masters |
| Friday, Sept. 28. | 10:00 pm | Powerlifting: men teenager, junior, masters |
| Saturday, Sept. 29. | 10:00 pm | Powerlifting: all women men open and submaster |

Weigh in :

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| Tuesday, Sept. 25. | 1:00 - 2:30 pm 4:30 - 6:00 pm | for Wednesday lifter for Wednesday lifter |
| Wednesday, Sept. 26. | 10:00 - 11:30 am 11:30 am - 1:00 pm 4:30 - 6:00 pm | for Wednesday lifter for Thursday lifter for Thursday lifter |
| Thursday, Sept. 27. | 7:00 - 8:30 am 10:00 - 11:30 am 4:30 - 6:00 pm | for Thursday lifter for Friday lifter for Friday lifter |
| Friday, Sept 28 | 7:00 - 8:30 am 10:00 - 11:30 am 4:30 - 6:00 pm | for Friday lifter for Saturday lifter for Saturday lifter |
| Saturday, Sept. 29. | 7:00 - 8:30 am | for Saturday lifter |

United Powerlifter