



2011 CHAMPIONSHIPS – FINAL PROGRAMME

Venue: Bournemouth University, SPORT B.U., Sport & Recreation Centre, Fern Barrow, Talbot Campus, Poole, BH12 5BB, UK.

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| Wednesday 14th December | 16.00hrs Technical Meeting 18.00hrs Referees' Clinic 19.00hrs CPF Congress |
| Thursday 15th December | Day 1 Three Lift Official Opening Ceremony 09.30hrs Commencement of lifting 10.00hrs Men - All Age Groups, up to and including 74kg Category. Equipped and Unequipped. Women - All Age Groups, up to and including 63kg Category. Equipped only |
| Friday 16th December | Day 2 Three Lift Men - All Age Groups, 83kg & 93kg Categories. Equipped and Unequipped Women - All Age Groups, All Weight Classes Unequipped only. |
| Saturday 17th December | Day 3 Three Lift Men - All Age Groups, 105kg to 120kg+ Category. Women -72kg, 84kg and 84kg+ Categories. Equipped only. |
| Sunday 18th December | Day 4 Bench Press All Weight Categories and Age Groups Unequipped 10am-1.00pm Open (equipped) 1.00pm—5.00pm |
| Sunday 18th December | 19.30hrs Presentations & Buffet Dinner at The Village Hotel. |

WEIGH-IN TIMES

| THREE LIFT | TIME | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--------------------------------------|--|
| MEN | 08.00hrs 09.30hrs start at. 10.00hrs | 53kg, 59kg, 66kg 74kg Unequipped | 83kg & 93kg Unequipped | 105kg, 120kg, 120+kg Unequipped |
| WOMEN | 11.30 to 13.00hrs Start at 13.30hrs | 43kg, 47kg, 52kg, 57kg, 63kg Equipped | All classes Unequipped | 72kg, 84kg, 84+kg Equipped |
| MEN | 14.00 to 15.30hrs Start at 16.00hrs. | 53kg, 59kg, 66kg 74kg Equipped | 83kg & 93kg Equipped | 105kg, 120kg, 120+kg Equipped |
| ESTIMATED FINISH TIME 20.30PM EACH DAY | | | | |
| BENCH PRESS | SUNDAY | | | |
| Unequipped | 08.00 to 09.30 10.00hrs start. | One Group | Women | All weight classes. |
| | | Group A | Men | 53kg, 59kg, 66kg, 74kg |
| | | Group B | Men | 83kg, 93kg |
| | | One Group | Men | 105kg, 120kg & 120+kg |
| Equipped | 10.30 to 12.00hrs 13.00hrs start. | Group A | Women | All weight classes |
| | | Group B | Men | 53kg, 59kg, 66kg & 74kg |
| | | One Group | Men | 83kg, 93kg |
| ESTIMATED FINISH TIME 5PM | | Two Groups | Men | 105kg, 120kg, 120+kg |