



## Commonwealth Powerlifting Federation

Peter Fiore - President  
Neville Primich - Vice President  
Richard Parker - General Secretary

### Founder Nations:

Australia | Canada |  
England |  
Fiji Islands | India |  
Northern Island |  
New Zealand | Pakistan  
| Scotland | South Africa  
| Wales

## 2011 CHAMPIONSHIPS PRELIMINARY PROGRAMME

Competition Dates: Thursday 15<sup>th</sup> December to Sunday 18<sup>th</sup> December inclusive.

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

Wednesday 14 <sup>th</sup> December	18.00hrs	Technical Meeting and Congress
Thursday 15 <sup>th</sup> December		Day 1 Three Lift Official Opening Ceremony 09.00hrs Commencement of lifting 10.00hrs Men - All Age Groups, up to and including 66kg Category. Women - All Age Groups, up to and including 57kg Category.
Friday 16 <sup>th</sup> December		Day 2 Three Lift Men - All Age Groups, 74kg to 93kg Category. Women - All Age Groups, 63kg to 72kg Category.
Saturday 17 <sup>th</sup> December		Day 3 Three Lift Men - All Age Groups, 105kg to 120kg+ Category. Women - 84kg and 84kg+ Category.
Sunday 18 <sup>th</sup> December		Day 4 Bench Press All Weight Categories and Age Groups Equipped and Unequipped may run concurrently.
Sunday 18 <sup>th</sup> December	19.00hrs	Presentations & Buffet Dinner