

# Nordic powerlifting time schedule

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## Sub – Jr Women Classic Powerlifting

<b>14.09.17 09.00</b>	<b>9 lifters</b>	<b>Start</b>	<b>End</b>
Squat	Group 1 All Sub – Jr Women	11.00	11.27
	20min pause		
Benchpress	Group 1 All Sub – Jr Women	11.47	12.14
	20min pause		
Deadlift	Group 1 All Sub – Jr Women	12.34	13.01
	Medal ceremony	13.10	

## Junior Women Classic Powerlifting

<b>14.09.17 12.00</b>	<b>11+9lifters</b>	<b>Start</b>	<b>End</b>
Squat	Group 2 Jr Women 47kg-63kg	14.00	14.33
	Group 3 Jr Women 72kg-84kg	14.33	15.00
	5min pause		
Benchpress	Group 2 Jr Women 47kg-63kg	15.05	15.38
	Group 3 Jr Women 72kg-84kg	15.38	16.05
	5min pause		
Deadlift	Group 2 Jr Women 47kg-63kg	16.10	16.43
	Group 3 Jr Women 72kg-84kg	16.43	17.10
	Medal ceremony	17.20	

### Sub – Jr Men Classic Powerlifting

<b>15.09.17 09.00</b>	<b>9 lifters</b>	<b>Start</b>	<b>End</b>
Squat	Group 4 All Sub – Jr Men	11.00	11.27
	20min pause		
Benchpress	Group 4 All Sub – Jr Men	11.47	12.14
	20min pause		
Deadlift	Group 4 All Sub – Jr Men	12.34	13.01
	Medal ceremony	13.10	

### Junior Men Classic Powerlifting

<b>15.09.17 12.00</b>	<b>7+9 lifters</b>	<b>Start</b>	<b>End</b>
Squat	Group 5 Jr Men 74kg-93kg	14.00	14.21
	Group 6 Jr Men 105kg-120+kg	14.21	14.48
	5min pause		
Benchpress	Group 5 Jr Men 74kg-93kg	14.53	15.14
	Group 6 Jr Men 105kg-120+kg	15.14	15.41
	5min pause		
Deadlift	Group 5 Jr Men 74kg-93kg	15.46	16.07
	Group 6 Jr Men 105kg-120+kg	16.07	16.34
	Medal ceremony	16.45	

### Women & Men Benchpress Equipped and Classic

<b>16.09.17 09.00</b>	<b>14+14 lifters</b>	<b>Start</b>	<b>End</b>
Benchpress	Group 7 All Women Benchpress	11.00	11.42
	Group 8 All Men Benchpress	11.42	12.24
	Medal ceremony Group 7 & 8	12.35	

### Women & Men Powerlifting Equipped

<b>16.09.17 11.30</b>	<b>11+13 lifters</b>	<b>Start</b>	<b>End</b>
Squat	Group 9 Women Equipped Powerlifting	13.30	14.03
	Group 10Men Equipped Powerlifting	14.03	14.44
	5min pause		
Benchpress	Group 9 Women Equipped Powerlifting	14.49	15.22
	Group 10Men Equipped Powerlifting	15.22	16.01
	5min pause		
Deadlift	Group 9 Women Equipped Powerlifting	16.06	16.39
	Group 10Men Equipped Powerlifting	16.39	17.18
	Medal ceremony	17.30	

