



DANSK STYRKELOFT FORBUND

DANISH POWERLIFTING FEDERATION

Time table NM Subjunior and junior 2019

Classic Powerlifting

Fri. The 14. Sep. 2019

Weigh in at: 07:00

Start at: 09:00

Group 1	9 lifters
Women subjunior,	4
Men subjunior 53kg, 59kg, and 74kg	5

Group 2	13 lifters
Men subjunior 83kg, 93kg, 105kg and 120kg	13

Weigh in at: 12:00

Start at: 14:00

Group 1	8 lifters
Women junior 52kg and 63kg	8

Group 2	8 lifters
Women junior 57kg, 63kg, 84kg and +84kg	8

Weigh in at: 15:30

Start at: 17:30

Group 3	12 lifters
Men junior 74kg, 83kg and 93kg	12

Group 4	13 lifters
Men junior 59kg, 66kg, 105kg, 120kg and +120kg	13

Classic benchpress

Sat. The 14. Sep. 2019

Weigh in at: 08:00

Start at: 10:00

Group 1.

10 lifters

All Subjunior and women junior

10

Group 2

10 lifters

Men junior

10

Powerlifting Equipped

Weigh in at: 10:00

Start at: 12:00

Gruppe 1

13 lifters

All Subjunior and junior

13

Benchpress Equipped

Weigh in at: 13:00

Start at: 15:00

Gruppe 1

5 lifters

Subjunior og junior Damer

5