



## SCHEDULE

( THE SCHEDULE MAY CHANGE AFTER WEIGH-IN )

MONDAY 1<sup>ST</sup> NOV

10.00

VENUE OPEN

**13.45**

OPENING SEREMONY

**START 14.00**

2 FLIGHTS

1 FLIGHT ALL TEENAGE, JUNIOR, OPEN AND MASTER WOMEN

2 FLIGHT ALL TEENAGE MEN

14.00

SQUAT FLIGHT 1

15.00

SQUAT FLIGHT 2

16.00

BENCH FLIGHT 1

16.45

BENCH FLIGHT 2

17.45

DEADLIFT FLIGHT 1

18.30

DEADLIFT FLIGHT 2

19.30

AWARD SEREMONY

MEDALS

TROPHIES BEST TEENAGE WOMEN, POWERLIFTING

BEST JUNIOR WOMEN, POWERLIFTING

BEST OPEN WOMEN, POWERLIFTING

BEST MASTER WOMEN, POWERLIFTING

BEST TEENAGE MEN, POWERLIFTING

20.30

VENUE CLOSED



TUESDAY 2<sup>ND</sup> NOV

( THE SCHEDULE MAY CHANGE AFTER WEIGH-IN )

7.45

VENUE OPEN

**START 10.00**

BENCH PRESS ALL TEENAGE, JUNIOR, OPEN AND MASTER WOMEN

BENCH PRESS ALL TEENAGE, JUNIOR AND MASTER MEN

7 FLIGHTS

10.00

1 FLIGHT TEENAGE, JUNIOR AND OPEN WOMEN

11.00

2 FLIGHT MASTER MEN, 67.5 – 82,5 KG / ALL AGE CATEGORIES

12.00

3 FLIGHT TEENAGE MEN

13.00

4 FLIGHT MASTER WOMEN, JUNIOR MEN

14.00

5 FLIGHT MASTER MEN 90 – 100 KG / ALL AGE CATEGORIES

15.00

6 FLIGHT MASTER MEN 110 KG / ALL AGE CATEGORIES

15.45

7 FLIGHT MASTER MEN 125 KG – SHW / ALL AGE CATEGORIES

16.45

AWARD SEREMONIES

MEDALS

TROPHIES BEST TEENAGE WOMEN, BENCH PRESS

BEST JUNIOR WOMEN, BENCH PRESS

BEST OPEN WOMEN, BENCH PRESS

BEST MASTER WOMEN, BENCH PRESS

BEST TEENAGE MEN, BENCH PRESS

BEST JUNIOR MEN, BENCH PRESS

BEST MASTER MEN, BENCHPRESS

18.00

VENUE CLOSED



WEDNESDAY 3<sup>RD</sup> NOV

( THE SCHEDULE MAY CHANGE AFTER WEIGH-IN )

7.45

VENUE OPEN

**START 10.00**

POWERLIFTING ALL MASTER MEN

3 FLIGHTS

FLIGHT 1 52 – 90 KG

FLIGHT 2 100 – 110 KG

FLIGHT 3 125 – SHW

10.00

SQUAT FLIGHT 1

11.00

SQUAT FLIGHT 2

12.00

SQUAT FLIGHT 3

13.00

BENCH PRESS FLIGHT 1

13.45

BENCH PRESS FLIGHT 2

14.30

BENCH PRESS FLIGHT 3

15.30

DEADLIFT FLIGHT 1

16.15

DEADLIFT FLIGHT 2

17.00

DEADLIFT FLIGHT 3

18.00

AWARD SEREMONIES

MEDALS

TROPHY

BEST MASTER MEN, POWERLIFTING

19.00

VENUE CLOSED



THURSDAY 4<sup>TH</sup> NOV

**( THE SCHEDULE MAY CHANGE AFTER WEIGH-IN )**

7.45

VENUE OPEN

**START 10.00**

1 FLIGHT BENCH PRESS OPEN MEN 52 – 82,5 KG

**START 11.00**

1 FLIGHT POWERLIFTING JUNIOR MEN

11.00

1 FLIGHT SQUAT

12.30

1 FLIGHT BENCH PRESS

14.00

1 FLIGHT DEADLIFT

15.15

AWARD SEREMONY

MEDALS

TROPHY

BEST JUNIOR MEN, POWERLIFTING

16.00

VENUE CLOSED

POSSIBILITY TO VISIT METAL GYM, MORE INFO AT THE VENUE

17.00

BUS TRANSPORTATION TO METAL GYM

19.00

FROM METAL GYM BUS TRANSPORTATION BACK TO MIKKELI

ARRIVAL TIME 19.45





FRIDAY 5<sup>TH</sup> NOV

7.45

**START 10.00**

10.00

11.30

13.00

14.15

16.00 - 16.30

17.00 – 18.00

18.00 – 19.30

19.00 – 21.30

19.30 – 21.30

21.30

22.00

**( THE SCHEDULE MAY CHANGE AFTER WEIGH-IN )**

VENUE OPEN

1 FLIGHT      POWERLIFTING OPEN MEN      52 – 90 KG

SQUAT

BENCH PRESS

DEADLIFT

AWARD SEREMONIES

MEDALS

PRESS CONFERENCE

COCTAIL PARTY, MIKKELI CITY BOARD RECEPTION  
( WITH THE PERSONAL INVITATION )

AGM

BAND MYTOLOGIA

BANQUET ( LIFTERS, OFFICIALS, SPONSORS )

BUS TRANSPORTATION TO THE RESTAURANT PÄÄMAJA

VENUE CLOSED



SATURDAY 6<sup>TH</sup> NOV

( THE SCHEDULE MAY CHANGE AFTER WEIGH-IN )

8.45

VENUE OPEN

**START 11.00**

1 FLIGHT

POWERLIFTING OPEN MEN 100 KG

11.00

SQUAT

12.30

BENCH

14.00

DEADLIFT

15.00

AWARD SEREMONY

MEDALS

15.30

DANCE MIX SHOW

15.45

OPENING SEREMONY

**START 16.00**

BENCH PRESS OPEN MEN 90- SHW

16.00

1 FLIGHT

90 KG

17.00

2 FLIGHT

100 KG

18.00

3 FLIGHT

125 KG

19.00

4 FLIGHT

140 – SHW

20.00

AWARD SEREMONIES

MEDALS

TROPHIES

BEST OPEN MEN, BENCH PRESS

21.00

VENUE CLOSED



SUNDAY 7<sup>TH</sup> NOV

**( THE SCHEDULE MAY CHANGE AFTER WEIGH-IN )**

8.45	VENUE OPEN	
START 11.00	POWERLIFTING OPEN MEN 110 - + 140 KG	
3 FLIGHTS	1 FLIGHT	110 KG
	2 FLIGHT	125 KG
	3 FLIGHT	140 – SHV
11.00	SQUAT	1 FLIGHT
12.00	SQUAT	2 FLIGHT
13.00	SQUAT	3 FLIGHT
14.00	BENCH	1 FLIGHT
14.45	BENCH	2 FLIGHT
15.00	BENCH	3 FLIGHT
16.00	DEADLIFT	1 FLIGHT
16.45	DEADLIFT	2 FLIGHT
17.00	DEADLIFT	3 FLIGHT
18.00	AWARD SEREMONY	
	MEDALS	
	TROPHIES	BEST OPEN MEN, POWERLIFTING
19.00	CLOSING SEREMONY	
19.30	VENUE CLOSED	

**SEE YOU ALL AGAIN NEXT YEAR IN WPC WORLDS 2011!**