

Schedule of the 3rd Polish Open Championships in Powerlifting RAW, Barbell Bench Press Classic RAW Federation WPC Poland - Wroclaw 2020

| DAY | WEIGHT / HOURS | DISCIPLINE / WEIGHT CATEGORIES | START | GROUP | END |
|-----|----------------|--|-------|-------|-----|
| | | Weight class starts in individual groups | | | |

| | | | | | |
|-----------------------------------|---|--|--|--|--|
| Wednesday 21.10.2020 r. | Only Bench Press 10.00-12.00 17.00-19.00 | | | | |
|-----------------------------------|---|--|--|--|--|

| | | | | | |
|----------------------------------|--|--|--------------|--------|--------------|
| Thursday 22.10.2020 r. | Only Bench Press 06.00-07.30 Powerlifting All weight classes of women Men's weight classes 67,5 kg to 82,5 kg 17.00-19.00 | <u>Bench Press</u> | | | |
| | | All weight classes of women | <u>08.30</u> | I | <u>09.05</u> |
| | | Men's weight class - 60 kg, 67,5 kg, 75 kg | <u>09.15</u> | II | <u>09.55</u> |
| | | Men's weight class - 82,5 kg | <u>10.05</u> | III | <u>10.30</u> |
| | | Men's weight class - 90 kg | <u>10.40</u> | IV (A) | <u>11.00</u> |
| | | Men's weight class - 90 kg | <u>11.05</u> | IV (B) | <u>11.30</u> |
| | | Men's weight class - 100 kg | <u>11.40</u> | V (A) | <u>12.05</u> |
| | | Men's weight class - 100 kg | <u>12.10</u> | V (B) | <u>12.35</u> |
| | | Men's weight class - 110 kg | <u>12.45</u> | VI | <u>13.20</u> |
| | | Men's weight class - 125 kg | <u>13.30</u> | VII | <u>13.50</u> |
| | | Men's weight class - 140 kg, 140+ kg | <u>14.00</u> | VIII | <u>14.30</u> |

Ceremony of presenting medals in weight categories, OPEN and team.

- *The schedule is subject to change.
- *Please check the affiliation to the starting group.
- *The group layout may change after the starters are weighed.
- *Competitors are asked to check the height of the stands before weighing.
- *Entering the podium is obligatory in sports clothes.

| DAY | WEIGHT / HOURS | DISCIPLINE / WEIGHT CATEGORIES | START | GROUP | END |
|--|--|---|--|----------------------------------|--|
| Weight class starts in individual groups | | | | | |
| Friday 23.10.2020 r. | Powerlifting All weight classes of women | Powerlifting Women's weight class | <u>08.00</u> | I-A (Squat) | <u>08.30</u> |
| | | Men's weight classes 52 kg, 56 kg, 67,5 kg to 82,5 kg 06.00-07.30 | Women's weight class - 60 kg Women's weight class - 67,5 kg | <u>08.30</u> <u>09.10</u> | I-B (Squat) I-C (Squat) |
| | Powerlifting Men's weight classes | Women's weight class - 52 kg, 56 kg, | <u>09.45</u> | I-A (Bench Press) | <u>10.15</u> |
| | | 90 kg to 100 kg 17.00-19.00 | Women's weight class - 60 kg Women's weight class - 67,5 kg | <u>10.15</u> <u>10.50</u> | I-B (Bench Press) I-C (Bench Press) |
| | | Women's weight class - 52 kg, 56 kg, | <u>11.20</u> | I-A (Deadlift) | <u>11.50</u> |
| | | Women's weight class - 60 kg Women's weight class - 67,5 kg | <u>11.50</u> <u>12.25</u> | I-B (Deadlift) I-C (Deadlift) | <u>12.25</u> <u>12.50</u> |
| | | Women's weight class - 67,5 kg | <u>13.00</u> | II-A (Squat) | <u>13.35</u> |
| | | Women's weight class - 75 kg, 82,5 kg, 90 kg | <u>13.35</u> | II-B (Squat) | <u>14.05</u> |
| | | Men's weight class - 67,5 kg | <u>14.05</u> | II-C (Squat) | <u>14.35</u> |
| | | Women's weight class - 67,5 kg | <u>14.45</u> | II-A (Bench Press) | <u>15.15</u> |
| | | Women's weight class - 75 kg, 82,5 kg, 90 kg | <u>15.15</u> | II-B (Bench Press) | <u>15.45</u> |
| | | Men's weight class - 67,5 kg | <u>15.45</u> | II-C (Bench Press) | <u>16.15</u> |
| | | Women's weight class - 67,5 kg | <u>16.25</u> | II-A (Deadlift) | <u>16.55</u> |
| | | Women's weight class - 75 kg, 82,5 kg, 90 kg | <u>16.55</u> | II-B (Deadlift) | <u>17.25</u> |
| | | Men's weight class - 67,5 kg | <u>17.25</u> | II-C (Deadlift) | <u>17.55</u> |

Ceremony of presenting medals in weight categories, OPEN and team.

| DAY | WEIGHT / HOURS | DISCIPLINE / WEIGHT CATEGORIES | START | GROUP | END |
|--|----------------|-------------------------------------|--------------|---------------------|--------------|
| Weight class starts in individual groups | | | | | |
| Friday 23.10.2020 r. | | Men's weight class - 75 kg | <u>18.35</u> | III-A (Squat) | <u>19.25</u> |
| | | Men's weight class - 82,5 kg | <u>19.25</u> | III-B (Squat) | <u>20.20</u> |
| | | Men's weight class - 82,5 kg | <u>20.20</u> | III-C (Squat) | <u>21.15</u> |
| | | Men's weight class - 75 kg | <u>21.25</u> | III-A (Bench Press) | <u>22.10</u> |
| | | Men's weight class - 82,5 kg | <u>22.10</u> | III-B (Bench Press) | <u>22.40</u> |
| | | Men's weight class - 82,5 kg | <u>22.40</u> | III-C (Bench Press) | <u>23.10</u> |
| | | Men's weight class - 75 kg | <u>23.20</u> | III-A (Deadlift) | <u>00.05</u> |
| | | Men's weight class - 82,5 kg | <u>00.05</u> | III-B (Deadlift) | <u>00.35</u> |
| | | Men's weight class - 82,5 kg | <u>00.35</u> | III-C (Deadlift) | <u>01.05</u> |

The ceremony of presenting medals in weight categories.

| DAY | WEIGHT / HOURS | DISCIPLINE / WEIGHT CATEGORIES | START | GROUP | END |
|-----|----------------|-----------------------------------|-------|-------|-----|
|-----|----------------|-----------------------------------|-------|-------|-----|

Weight class starts in individual groups

Saturday
24.10.2020 r.

Powerlifting
Men's weight classes
90 kg to 100 kg
06.00-07.30

Powerlifting
Men's weight classes
110 kg to 140+ kg
17.00-19.00

| DISCIPLINE / WEIGHT CATEGORIES | START | GROUP | END |
|------------------------------------|--------------|--------------------|--------------|
| Powerlifting | | | |
| Men's weight class - 90 kg | <u>08.00</u> | IV-A (Squat) | <u>08.30</u> |
| Men's weight class - 90 kg | <u>08.30</u> | IV-B (Squat) | <u>09.00</u> |
| Men's weight class - 90 kg | <u>09.00</u> | IV-C (Squat) | <u>09.30</u> |
| Men's weight class - 90 kg | <u>09.40</u> | IV-A (Bench Press) | <u>10.10</u> |
| Men's weight class - 90 kg | <u>10.10</u> | IV-B (Bench Press) | <u>10.40</u> |
| Men's weight class - 90 kg | <u>10.40</u> | IV-A (Bench Press) | <u>11.10</u> |
| Men's weight class - 90 kg | <u>11.20</u> | IV-A (Deadlift) | <u>11.50</u> |
| Men's weight class - 90 kg | <u>11.50</u> | IV-B (Deadlift) | <u>12.20</u> |
| Men's weight class - 90 kg | <u>12.20</u> | IV-C (Deadlift) | <u>12.50</u> |
| Men's weight class - 100 kg | <u>13.00</u> | V-A (Squat) | <u>13.45</u> |
| Men's weight class - 100 kg | <u>13.45</u> | V-B (Squat) | <u>14.30</u> |
| Men's weight class - 100 kg | <u>14.30</u> | V-C (Squat) | <u>15.15</u> |
| Men's weight class - 100 kg | <u>15.25</u> | V-A (Bench Press) | <u>16.05</u> |
| Men's weight class - 100 kg | <u>16.05</u> | V-B (Bench Press) | <u>16.45</u> |
| Men's weight class - 100 kg | <u>16.45</u> | V-C (Bench Press) | <u>17.25</u> |
| Men's weight class - 100 kg | <u>17.35</u> | V-A (Deadlift) | <u>18.05</u> |
| Men's weight class - 100 kg | <u>18.05</u> | V-B (Deadlift) | <u>18.45</u> |
| Men's weight class - 100 kg | <u>18.45</u> | V-C (Deadlift) | <u>19.25</u> |

The ceremony of presenting medals in weight categories.

| DAY | WEIGHT / HOURS | DISCIPLINE / WEIGHT CATEGORIES | START | GROUP | END |
|--|--|--|-----------------|---------------------|--------------|
| Weight class starts in individual groups | | | | | |
| Sunday 25.10.2020 r. | Powerlifting Men's weight classes 110 kg to 140+ kg 06.00-07.30 | Powerlifting | | | |
| | | Men's weight class - 110 kg | <u>08.00</u> | VI-A (Squat) | <u>08.45</u> |
| | | Men's weight class - 110 kg | <u>08.45</u> | VI-B (Squat) | <u>09.30</u> |
| | | Men's weight class - 110 kg | <u>09.30</u> | VI-C (Squat) | <u>10.15</u> |
| | | Men's weight class - 110 kg | <u>10.25</u> | VI-A (Bench Press) | <u>11.10</u> |
| | | Men's weight class - 110 kg | <u>11.10</u> | VI-B (Bench Press) | <u>11.55</u> |
| | | Men's weight class - 110 kg | <u>11.55</u> | VI-C (Bench Press) | <u>12.40</u> |
| | | Men's weight class - 110 kg | <u>12.50</u> | VI-A (Deadlift) | <u>13.35</u> |
| | | Men's weight class - 110 kg | <u>13.35</u> | VI-B (Deadlift) | <u>14.20</u> |
| | Men's weight class - 110 kg | <u>14.20</u> | VI-C (Deadlift) | <u>15.05</u> | |
| | Powerlifting Men's weight classes 125 kg to 140+ kg 13.00-14.00 | Men's weight class - 125 kg | <u>15.15</u> | VII-A (Squat) | <u>15.45</u> |
| | | Men's weight class - 125 kg | <u>15.45</u> | VII-B (Squat) | <u>16.15</u> |
| | | Men's weight class - 140 kg,140+ | <u>16.15</u> | VII-C (Squat) | <u>16.40</u> |
| | | Men's weight class - 125 kg | <u>16.50</u> | VII-A (Bench Press) | <u>17.20</u> |
| | | Men's weight class - 125 kg | <u>17.20</u> | VII-B (Bench Press) | <u>17.50</u> |
| | | Men's weight class - 140 kg,140+ | <u>17.50</u> | VII-C (Bench Press) | <u>18.10</u> |
| | | Men's weight class - 125 kg | <u>18.20</u> | VII-A (Deadlift) | <u>18.50</u> |
| | | Men's weight class - 125 kg | <u>18.50</u> | VII-B (Deadlift) | <u>19.20</u> |
| | | Men's weight class - 140 kg,140+ | <u>19.20</u> | VII-C (Deadlift) | <u>19.40</u> |

Ceremony of presenting medals in weight categories, OPEN and team.