

**Provisional time Table: IPF World Bench Press Championships 2022
Almaty, Kazakhstan**

Friday	20 th May		20:00	Technical meeting			
EQUIPPED BENCH PRESS							
<i>D ay</i>		<i>Weight-in time</i>	<i>Start</i>	<i>first platform</i>			
				<i>age category</i>	<i>classes</i>		<i>Suomen aikaa</i>
Saturday	21 st May	08:00 – 09:30	10:00 7:00	Men M1 – M4	59 – 74kg	Antero Kauranen	7:00
			13:00	Opening ceremony			
		12:00 – 13:30	14:00	Women M2 – M4	47 – 84+kg		
		14:00 – 15:30	16:00 13:00	Men M1 – M4	83kg - 93kg	Vesa Hartikainen, Tomi Vikla, Laurikainen Voitto Ahopelto MikkoTiensuu Aki Kangasjärvi	13:00
		17:00 – 18:30	19:00	Women M1	47 – 84+kg	Tiina Voho	16:00
Sunday	22 st May	07:00 – 08:30	09:00	Men M1 – M4	105 – 120+kg	Kaj Wasenius, Timo Rukkila	6:00
Monday	23 rd May	08:00 – 09:30	10:00	Open Men	59kg – 93kg		
		11:00 – 12:30	13:00	Open Women	47kg – 84+kg	Marcela Sandvik	10:00
		15:00 – 16:30	17:00	Open Men	105kg – 120+kg	Kenneth Sandvik	14:00

CLASSIC BENCH PRESS

Day		Weight-in time	Start	first platform			
				age category	classes		
Tuesday	24 th May	09:00 – 10:30	11:00	Men M3 – M4	59 – 74kg	Antero Kauranen	8:00
		12:00 – 13:30	14:00	Women M1 – M4	47 – 63kg	Niina Köninki, Sanna Oksanen	11:00
Wednesday	25 th May	09:00 – 10:30	11:00	Men M1 – M2	59 – 83kg	Ville Vaivila, Jari Kaarnais	8:00
		13:00 – 14:30	15:00	Women M1 – M4	69 – 84+kg	Pauliina Suomela, Nina Ruuhivirta, Tiina Voho, Tiina Uotila	12:00
Thursday	26 th May	09:00 – 10:30	11:00	Men M3 – M4	83 – 120+kg	Voitto Ahopelto	8:00
		12:00 – 13:30	14:00	Men M2	93 – 120+kg	Kaj Wasenius	11:00
		14:00 – 15:30	16:00	Men M1	93 – 120+kg	Ben Olenius	13:00
Friday	27 th May	08:00 – 09:30	10:00	Women Sub-Junior	43 – 84+		
		10:00 – 11:30	12:00	Men Sub-Junior	53 – 120+		
		12:00 – 13:30	14:00	Women Junior	43 – 57		
		13:00 – 14:30	15:00	Men Junior	53 – 74		
Saturday	28 th May	08:00 – 09:30	10:00	Women Junior	63 – 84+		
		10:00 – 11:30	12:00	Men Junior	83 – 120+		
		13:00 – 14:30	15:00	Open Women	47 – 57		
		16:00-17:30	18:00	Open Men	59 -74		
Sunday	29 th May	08:00 – 09:30	10:00	Open Women	63 – +84	Johanna Laitinen, Emmeth Salo	7:00
		10:00 – 11:30	12:00	Open Men	83 – 93		
		14:00 – 15:30	16:00	Open Men	105 – 120+	Tajakka, Sistonen	13:00
			20:00	Closing banquet			

