



WPF – World Powerlifting Federation 2012 World Championships Powerlifting, Single Lift Bench Press and Dead Lift

Venue: Connaught Leisure Centre,
Aldershot, Hampshire GU12 4AS England
Entry to BPO by NO later than 21st September
Meet Director: BPO Executive

Powerlifting, Single Lifts Bench Press and Dead Lift Championships will be integrated, which will mean lifters can multi enter each championships, by paying entry fees for each championships, but will only have to lift once.

Proposed Lifting and Weigh in schedule. Competition starts every day at 10:00 am

Thursday 1st November WPF Congress meeting, 19:00 hours
Venue: Connaught Leisure Centre, Aldershot, Hampshire GU12 4AS England

Friday 2nd November Opening Ceremony, Powerlifting Single lifts BP & DL: All Women classes and categories All men up to 82.5 kg classes and categories. Start time 10:00
Awards Presentation: Powerlifting, Single lifts BP & DL.

Saturday 3rd November Powerlifting: Powerlifting Single lift BP & DL All men 90 kg to 110 kg classes and categories. Start time 10:00
Awards Presentation: Powerlifting, Single lifts BP & DL.

Sunday 4th November Powerlifting: Powerlifting Single lift BP & DL All men 125 kg to 140+ kg classes and categories. Start time 10:00
Awards Presentation: Powerlifting, Single lifts BP & DL.
Awards Presentations: Best Lifters & Best teams,
Closing Ceremony

Weigh in:

Thursday 1st November 10:00 - 11:30 am only Friday - lifter
15:30 - 17:00 pm only Friday – lifter

Friday 2nd November 08:00 - 09:30 am only Friday - lifter
10:00 - 11:30 am only Saturday - lifter
15:30 - 17:00 pm only Saturday – lifter

Saturday 3rd November 08:00 - 09:30 am only Saturday - lifter
10:00 - 11:30 am only Sunday - lifter
15:30 - 17:00 pm only Sunday – lifter

Sunday, 4th November 08:00 – 09:30 am only Sunday – lifter

The Meet Director reserves the right to vary the above schedule after lifter entry closing date, if required to accommodate the time table.

www.britishpowerliftingorganisation.com

LINK: WPF2012