



**PRELIMINARY TIME TABLE
FOR GUIDANCE ONLY
2023 EUROPEAN MASTERS
WEIGHTLIFTING CHAMPIONSHIPS
WATERFORD - IRELAND
12 - 20 MAY 2023**



Technical Meeting 1800 THURSDAY 11 MAY 2023

	Weigh-in	Start	Age	B/W	Session	PLATFORM
Friday 12/05/2023	0730	0930	M85 - M80	55 - 73kg	1	A
	0730	0930	M85 - M80	81 - +109kg		B
	1000	1200	M75	55 - 81kg	2	A
	1000	1200	M75	89 - +109		B
	1200	1400	M70	55 - 67kg	3	A
	1200	1400	M70	73 - 81kg		B
	1400	1600	W75 - W65	All	4	A
	1400	1600	M70	89 - +109kg		B
OPENING CEREMONY ??						
Saturday 13/05/2023	0730	0930	M65	55 - 73kg	5	A
	0730	0930	M65	81 - 89kg		B
	1000	1200	M65	96 - +109kg	6	A
	1200	1400	W60	45 - 64	7	A
	1200	1400	W60	71 - +87		B
	1400	1600	M60	55 - 73kg	8	A
	1400	1600	M60	81 - 89kg		B
Sunday 14/05/2023	0730	0930	M60	96 - +109kg	9	A
	0730	0930	M60	96 - +109kg		B
	1000	1200	W55	45 - 64	10	A
	1000	1200	W55	71 - +87		B
	1230	1430	M55	55 - 73kg	11	A
	1230	1430	M55	81kg		B
	1530	1730	M55	89 - 96kg	12	A
	1530	1730	M55	102 - +109kg		B
Monday 15/05/2023	0730	0930	W50	45 - 59kg	13	A
	0730	0930	W50	64 - 71kg		B
	1000	1200	M50	55 - 73kg	14	A
	1000	1200	M50	81kg		B
	1230	1430	M50	89 - 96kg	15	A

	1230	1430	M50	102 - +109kg		B
	1530	1730	W50	76 - +87	16	A
<i>Tuesday</i> 16/05/2023	0730	0930	M45	55 - 73kg	17	A
	0730	0930	M45	81kg		B
	1000	1200	W45	45 - 55kg	18	A
	1000	1200	W45	59 - 64kg		B
	1230	1430	M45	89kg	19	A
	1230	1430	M45	89kg		B
	1530	1730	W45	71 - 76kg	20	A
	1530	1730	W45	81 - +87kg		B
<i>Wednesday</i> 17/05/2023	0730	0930	M45	96kg	21	A
	0730	0930	M45	102kg		B
	1000	1200	W40	45 - 55kg	22	A
	1000	1200	W40	59 - 64kg		B
	1300	1500	M45	109 - +109kg	23	A
	1300	1500	M45	109 - +109kg		B
CONGRESS OF NATIONS 1900 HOURS						
<i>Thursday</i> 18/05/2023	0730	0930	W40	71 - +87kg	24	A
	0730	0930	W40	71 - +87kg		B
	1000	1200	M40	55 - 73kg	25	A
	1000	1200	M40	81kg		B
	1230	1430	W35	45 - 59kg	26	A
	1230	1430	W35	45 - 59kg		B
	1530	1730	M40	89kg	27	A
	1530	1730	M40	96kg		B
<i>Friday</i> 19/05/2023	0730	0930	M40	102kg	28	A
	0730	0930	M40	109 - +109kg		B
	1030	1230	W35	64	29	A
	1030	1230	W35	64		B
	1300	1500	M35	55 - 73kg	30	A
	1300	1500	M35	81kg		B
	1545	1745	M35	89kg	31	A
	1545	1745	M35	89kg		B
<i>Saturday</i> 20/05/2023	0730	0930	W35	71kg	32	A
	0730	0930	W35	71kg		B

	1000	1200	M35	96kg	33	A
	1000	1200	M35	102kg		B
	1200	1400	W35	76 - +87kg	34	A
	1200	1400	M35	109 - +109kg		B

CLOSING BANQUET

PLEASE NOTE THAT START TIME OF SESSIONS WITHIN A DAY INDICATED MAY CHANGE. THE FINAL COMPETITION SCHEDULE CAN ONLY BE PRODUCED AFTER THE CLOSING DATE OF REGISTRATION 24 MARCH 2023. ATHLETES CAN ONLY CHANGE 1 BODY WEIGHT CATEGORY UP OR DOWN UNTIL THE 8 MAY 2023. AFTER THIS DATE NO CHANGES WILL BE ACCEPTED (NO MORE MOVING UP 1 BODY WEIGHT CATEGORY DURING WEIGH-IN POSSIBLE)