

**Freitag - Vendredi - Venerdì**  
**08.05.2026**

<b>Weigh-in</b>	All	16:00 - 17:00
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**Samstag - Samedi - Sabato**  
**09.05.2026**

<b>Weigh-in</b>	All	09:00 - 10:00
<b>Technical meeting</b>	Loading Crew	10:15
<b>Technical meeting</b>	Athletes	10:30
<b>Technical meeting</b>	Referee	10:45
<b>Group 1</b>	<b>Squat</b> <ul style="list-style-type: none"> <li>▪ Women All</li> <li>▪ Men Novice</li> <li>▪ Men Teenagers &amp; Juniors</li> </ul>	11:00
<b>Group 2</b>	<b>Squat</b> <ul style="list-style-type: none"> <li>▪ Men Open</li> <li>▪ Men Master</li> <li>▪ Men Pro</li> </ul>	12:00
<b>Group 1</b>	<b>Bench Press</b> <ul style="list-style-type: none"> <li>▪ Women All</li> <li>▪ Men Novice</li> <li>▪ Men Teenagers &amp; Juniors</li> </ul>	13:00
<b>Group 2</b>	<b>Bench Press</b> <ul style="list-style-type: none"> <li>▪ Men Open</li> <li>▪ Men Master</li> <li>▪ Men Pro</li> </ul>	14:00
<b>Group 1</b>	<b>Deadlift</b> <ul style="list-style-type: none"> <li>▪ Women All</li> <li>▪ Men Novice</li> <li>▪ Men Teenagers &amp; Juniors</li> </ul>	15:00
<b>Group 2</b>	<b>Deadlift</b> <ul style="list-style-type: none"> <li>▪ Men Open</li> <li>▪ Men Master</li> <li>▪ Men Pro</li> </ul>	16:00
<b>Award ceremony</b>	All	16:45