



**2023 Asian / Pacific / African Combined Classic and Equipped Powerlifting
and Bench Press Championships**
Sub-Junior, Junior, Open, Masters (All age categories, Men & Women)
in Hong Kong, From 24th June to 30th June, 2023

23.06.2023	Technical meeting	
	Referee written examination	
	Referee clinic	
24.06.2023	9 am start of weigh in	
	Opening ceremony	10:00 AM
	Classic Powerlifting	
	Men	53-59kg
	Women	43-52kg
25.06.2023	Classic Powerlifting	
	Men	66kg
	Women	57 kg
	Men	74 kg
26.06.2023	Classic Powerlifting	
	Men	83 kg
	Women	63 kg
	Men	93 kg
27.06.2023	Equipped Bench Press	
	Men all classes	
	Women all classes	
	Classic Powerlifting	
	Women	69-76kg
	Men	105 kg
28.06.2023	Classic Bench Press	
	Men all classes	
	Women all classes	
	Classic Powerlifting	
	Women	84-84+kg
	Men	120-120+kg
29.06.2023	Equipped Powerlifting	
	Men	53-83kg
	Women	43-69 kg
30.06.2023	Equipped Powerlifting	
	Men	93-120+kg
		76-84+kg
	Closing banquet	