

Asian
Equipped & Classic Bench Press Championship 2023
for Open, Sub Junior, Junior, Masters (Men & Women)
in Japan from 11 – 17 September 2023

PROGRAMME

DAY	WEIGH IN TIME	CLASSES		START
11/09/2023 MONDAY	TECHNICAL MEETING			19.00
CLASSIC BENCH PRESS				
12/09/2023 TUESDAY	OPENING CEREMONY			10.00
	09.00 TO 10.30	MEN M3 & M4	59 TO 120 KG (15)	11.00
	12.00 TO 13.30	WOMEN M1 TO M4	47 TO 84+ KG (21)	14.00
	14 TO 15.30	MEN M2	59 TO 120+ KG (11)	16.00
13/09/2023 WEDNESDAY	09.00 TO 10.30	MEN M1	59 TO 120+ KG (8)	11.00
	10.30 TO 12.00	WOMEN SUB JUNIOR & JUNIOR	43 TO 84+ KG (6)	12.30
	12.00 TO 13.30	MEN SUB JUNIOR & JUNIOR	53 TO 120 + KG (11)	14.00
	14.00 TO 15.30	WOMEN OPEN	47 TO 84+ KG (7)	16.00
14/09/2023 THURSDAY	10.00 TO 11.30	MEN OPEN	59 TO 120+ KG (16)	12.00
EQUIPPED BENCH PRESS				
15/09/2023 FRIDAY	09.00 TO 10.30	MEN M3 & M4	59 TO 120+ KG (11)	11.00
	10.30 TO 12.00	WOMEN M1 TO M4	47 TO 84+ KG (14)	12.30
	13.00 TO 14.30	MEN M2	59 TO 120+ KG (10)	15.00
	15.00 TO 16.30	MEN M1	59 TO 120+ KG (10)	17.00
16/09/2023 SATURDAY	09.00 TO 10.30	MEN SUB JUNIOR & JUNIOR	53 TO 120+ KG (10)	11.00
	12.00 TO 13.30	WOMEN SUB JUNIOR, JUNIOR & OPEN	43 TO 84+ KG (8)	14.00
	14.00 TO 15.30	MEN OPEN	59 TO 83 KG (7)	16.00
17/09/2023 SUNDAY	09.00 TO 10.30	MEN OPEN	93 TO 120+ KG (8)	11.00
	CLOSING BANQUET			19.00