



Day	Weigh-in Time	Men/Women	Category	Start	End	Lifters	
<b>Friday, 08.07.2022</b>	09:00 – 10:30	Women	Lightweight	11:00	13:30	12	
			Victory Ceremony	13:40	13:50		
		Opening	Ceremony		10:30	11:00	
	12:00 - 13:30	Men	Lightweight	14:00	16:30	12	
			Victory Ceremony	16:40	16:50		
15:00 - 16:30	Women	Middleweight	17:00	19:30	12		
		Victory Ceremony	19:40	19:50			
<b>Saturday, 09.07.2022</b>	09:00 - 10:30	Men	Middleweight	11:00	13:30	12	
			Victory Ceremony	13:40	13:50		
	12:00 – 13:30	Women	Heavyweight	14:00	16:30	12	
			Victory Ceremony	16:40	16:50		
	15:00 – 16:30	Men	Heavyweight	17:00	19:30	12	
			Victory Ceremony	19:40	19:50		
<b>Sunday, 10.07.2022</b>	09:00 – 10:30	Women	Super Heavyweight	11:00	13:30	12	
			Victory Ceremony	13:40	13:50		
	12:00 - 13:30	Men	Super Heavyweight	14:00	16:30	12	
			Victory Ceremony	16:40	16:50		