



FINAL COMPETITION SCHEDULE
2023 EUROPEAN MASTERS
WEIGHTLIFTING CHAMPIONSHIP
 Waterford, IRELAND
 12th May to 20th May 2023



Technical Meeting 18:00 THURSDAY 11 MAY 2023

Comp. day/date	Weigh-in	Start	No. of lifters	Age Grp.	B/W	Session	Platform
Friday 12/05/23	0730	0930	5	M85	ALL	1	A
			7	M80	55 - 73KG	1	A
	0730	0930	10	M80	81-109+kg	1	B
↓	0930	1130	14	M75	ALL	2	A
↓	0930	1130	12	M70	55 - 81 kg	2	B
↓	1200	1400	12	W75 - W65	All	3	A
↓	1200	1400	14	M70	89 - 109+ kg	3	B
			74				
Saturday 13/05/23	0730	0930	10	M65	55 - 73kg	4	A
	0730	0930	7	M65	81 - 89kg	4	B
OPENING CEREMONY 11.15 to 12.15							
↓	1030	1230	8	M65	96 - 109+kg	5	A
↓	1030	1230	7	W60	49 - 59kg	5	B
↓	1200	1400	8	W60	64 - 87+kg	6	A
↓	1200	1400	7	M60	55 - 73kg	6	B
↓	1315	1515	9	M60	81kg All	7	A
↓	1315	1515	7	M60	89kg All	7	B
			63				
Sunday 14/05/23	0830	1030	10	M60	96 - 109+kg	8	A
	1015	1215	11	W55	55 - 64kg	9	A
↓	1015	1215	11	W55	71 - 87+kg	9	B
↓	1230	1430	8	M55	55 - 73kg	10	A
↓	1230	1430	14	M55	81 - 89kg	10	B
↓	1500	1700	7	M55	96 - 102kg	11	A
↓	1500	1700	11	M55	109 - 109+kg	11	B
			72				

Monday 15/05/23	0830	1030	7	W50	45 - 55kg	12	A
	0830	1030	8	M50	55 - 73kg	12	B
↓	1000	1200	9	W50	59kg All	13	A
↓	1000	1200	9	M50	81 - 89kg	13	B
↓	1145	1345	7	W50	64kg All	14	A
↓	1145	1345	10	M50	96kg All	14	B
↓	1330	1530	8	W50	71kg All	15	A
↓	1330	1530	8	M50	102kg - 109+kg	15	B
↓	1515	1715	14	W50	76 - 87+kg	16	A

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Tuesday 16/05/23	0830	1030	12	M45	55 - 73kg	17	A
	0830	1030	14	M45	81kg All	17	B
↓	1045	1245	9	W45	45 - 59kg	18	A
↓	1045	1245	10	W45	64 - 71kg	18	B
↓	1230	1430	12	M45	89kg All	19	A
↓	1230	1430	12	W45	76 - 87+kg	19	B

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Wednesday 17/05/23	0830	1030	11	M45	96 - 102kg	20	A
	0830	1030	7	M45	109 - 109+kg	20	B
↓	1030	1230	10	W40	45 - 55kg	21	A
↓	1030	1230	11	W40	59kg All	21	B
↓	1230	1430	15	W40	64kg All	22	A

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CONGRESS OF NATIONS 19.00 hours

Thursday 18/05/23	0700	0900	16	W40	71kg All	23	A
	0700	0900	13	W40	76kg All	23	B
↓	1000	1200	9	M40	55 - 73kg	24	A
↓	1000	1200	13	M40	81kg	24	B
↓	1230	1430	10	W40	81 - 87+kg	25	A
↓	1430	1630	12	M40	89kg	26	A
↓	1430	1630	9	M40	96kg	26	B
↓	1645	1845	10	W35	45 - 55kg	27	A
↓	1645	1845	11	W35	59kg	27	B

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Friday 19/05/23	0730	0930	9	M40	102 - 109+kg	28	A
	0730	0930	13	M35	55 - 73kg	28	B
↓	0945	1145	9	M35	81kg	29	A
↓	0945	1145	10	M35	81kg	29	B
↓	1200	1400	8	W35	64	30	A
↓	1200	1400	8	W35	64	30	B
↓	1400	1600	11	M35	89kg	31	A
↓	1400	1600	11	M35	89kg	31	B
			79				
Saturday 20/05/23	730	930	13	W35	71kg	32	A
	730	930	11	W35	76kg	32	B
↓	1000	1200	8	M35	96kg	33	A
↓	1000	1200	8	M35	102kg	33	B
↓	1145	1345	12	W35	81 - 87+kg	34	A
↓	1145	1345	13	M35	109 - +109kg	34	B
			65	Total 659			
CLOSING BANQUET 19.00 hours							