

SA BENCH PRESS CHAMPIONSHIPS 2023 - UPDATED SCHEDULE

Date	Session	Weigh-in time	Lifting time	Session details	Number of lifters
Fri 6 January			08h00	Rule Clinic for Refs/Coaches/Lifters on new Bench Press rules for 2023	
	Session 1	08h30 - 10h00	10h30	Classic Bench: Women 43kg - 69kg	15 lifters - 1 flight
	Session 2	11h00-12h30	13h00	Classic Bench: Women 76kg - 84+kg	11 lifters - 1 flight
	Session 3	13h00-14h30	15h00	Classic Bench: Men 53kg - 66kg	9 lifters - 1 flight
Sat 7 January	Session 1	08h00-09h30	10h00	Classic Bench: Men 74kg - 93kg	20 lifters - 1 flight
	Session 2	11h00-12h30	13h00	Classic Bench: Men 105kg	16 lifters - 1 flight
	Session 3	13h00-14h30	15h00	Classic Bench: Men 120 - 120+kg	16 lifters - 1 flight
			Approx 16h30	Best Classic Lifter awards and SA Classic Bench Press Team announcement	
Sun 8 January	Session 1	08h00-09h30	10h00	Equipped Bench : All Women	13 - 1 flight
	Session 2	11h00-12h30	13h00	Equipped Bench : All Men	25 - 2 flights
			Approx 15h30	Best Equipped Lifter awards and SA Equipped Bench Press Team announcement	