



**2024 EUROPEAN MASTERS
WEIGHTLIFTING CHAMPIONSHIPS
HAUGESUND - NORWAY
15 - 23 JUNE 2024**



Technical Meeting 1800 FRIDAY 14 JUNE 2024

	Weigh-in	Start	Age	B/W	Session	No. Lifters	PLATFORM
Saturday 15/06/2024	07:00	09:00	M85	55 - 109+kg	1	11	A
	07:00	09:00	M80	55 - 81kg			
	09:30	11:30	M80	89 - +109kg	1	10	B
	09:30	11:30	M75	55 - 109+kg	2	11	A
	09:30	11:30	M70	55 - 81kg	2	12	B
OPENING CEREMONY 14:00-15:00HR							
	13:00	15:00	W70	45 - 87+kg	3	11	A
	13:00	15:00	W65	45 - 87+kg			
	13:00	15:00	M70	89 - +109kg	3	14	B
69							
Sunday 16/06/2024	07:00	09:00	M65	55 - 73kg	4	11	A
	07:00	09:00	M65	81 - 96kg	4	10	B
	09:30	11:30	M65	102 - 109+kg	5	9	A
	09:30	11:30	W60	45 - 64kg	5	10	B
	11:45	13:45	W60	71 - +87kg	6	10	A
	11:45	13:45	M60	55 - 73kg	6	8	B
	14:00	16:00	M60	81kg	7	10	A
	14:00	16:00	M60	89kg	7	6	B
74							
Monday 17/06/2024	07:00	09:00	M60	96 - +109kg	8	14	A
	07:00	09:00	W55	45 - 64kg	8	14	B
	09:45	11:45	W55	71 - +87kg	9	12	A
	09:45	11:45	W50	45 - 55kg			
	09:45	11:45	M55	55 - 73kg	9	8	B
	12:15	14:15	M55	81 - 89kg	10	17	A
	12:15	14:15	M55	96 - 102kg	10	16	B
15:30	17:30	M55	109 - +109kg	11	8	A	
89							
Tuesday 18/06/2024	07:00	09:00	M50	55 - 81kg	12	12	A
	07:00	09:00	W50	59kg	12	8	B
	09:30	11:30	M50	89 - 96kg	13	16	A
	09:30	11:30	W50	64 - 76kg	13	13	B
	12:45	14:45	M50	102 - 109+KG	14	12	A
61							



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	Weigh-in	Start	Age	B/W	Session	No. Lifters	PLATFORM
Wednesday 19/06/2024	07:00	09:00	W50	81 - +87kg			
			W45	45 - 59kg	15	13	A
	07:00	09:00	M45	55 - 81kg	15	12	B
	10:00	12:00	W45	64 - 71kg	16	16	A
	10:00	12:00	M45	89	16	9	B
						50	
CONGRESS OF NATIONS: 1900 HOURS							186
Thursday 20/06/2024	07:00	09:00	W45	76 - +87	17	14	A
	07:00	09:00	M45	96 - 102kg	17	15	B
	10:00	12:00	M45	109 - +109kg	18	7	A
	10:00	12:00	W40	45 - 59kg	18	9	B
	12:15	14:15	W40	64kg	19	10	A
	12:15	14:15	W40	71kg	19	9	B
						64	
Friday 21/06/2024	07:00	09:00	W40	76 - 81kg	20	8	A
	07:00	09:00	M40	55-73kg	20	9	B
	09:00	11:00	M40	81kg	21	12	A
	09:00	11:00	W40	87 - +87kg	21	9	B
	11:30	13:30	M40	89kgB	22	9	A
	11:30	13:30	M40	89kgA	22	9	B
	13:30	15:30	M40	96kg	23	6	A
	13:30	15:30	W35	45 - 55kg	23	10	B
						72	
Saturday 22/06/2024	07:00	09:00	W35	59 - 64kg	24	17	A
	07:00	09:00	M40	102 - +109kg	24	12	B
	10:15	12:15	M35	55 - 73kg	25	14	A
	10:15	12:15	M35	81kg	25	13	B
	13:00	15:00	M35	89kgB	26	9	A
	13:00	15:00	M35	89kgA	26	9	B
						74	
Sunday 23/06/2024	07:00	09:00	W35	71kg	27	9	A
	07:00	09:00	M35	96kg	27	10	B
	09:15	11:15	W35	76 - +87kg	28	15	A
	09:15	11:15	M35	102 - 109+kg	28	12	B
						46	
CLOSING BANQUET							