

ER Open 2016

Date: Friday the 29th and Saturday the 30th of January

Address: Kongsholmcenteret, Liljens Kvarter 2, 2620 Albertslund, Denmark

Referees: Per Berndorff, Ole Olsen, Susanne Diter, Carsten Hansen & Kurt Pedersen

TIMETABLE

Day	Weigh In	Classes		
Friday	15.00	Men	Equiped	105 kg (11)
		Men	Classic	105, 120, 120+ (8)
		Men	Equiped	120, 120+ (16)
Saturday	08.00	Women	Classic / Equiped	47, 57kg / 57, 63, 72, 84, 84+ kg (16)
		Men	Classic	74, 83 kg (9)
		Men	Classis	93 Kg (10)
		Men	Equiped	66, 74, 83 kg (17)
		Men	Equiped	93 kg (15)

PLAN

Friday the 29th:

Groups:

- - 1: Men – Equipped: 105 kg (11)
- - 2: Men – Classic: 105,120 & 120+kg (8)
- - 3: Men – Equipped: 120 & 120+ kg (16)

All 3 groups will weigh-in at 15:00. Competition will start at 17:00. The groups will lift consecutively.

Saturday the 30th:

Groups:

- - 4: Women – Classic /Equipped: 47 & 57kg / 57, 63, 72, 84 & 84+ kg (16)
- - 5: Men – Classic: 74 & 83kg (9)
- - 6: Men – Classic: 93kg (10)
- - 7: Men – Equipped: 66, 74 & 83kg (17)
- - 8: Men – Equipped: 93 kg (15)

All 5 groups will weigh-in at 08:00. Competition will start at 10:00. The groups will lift consecutively.