



DANSK STYRKELOFT FORBUND

DANISH POWERLIFTING FEDERATION

Time table NM Subjunior and junior 2019

Classic Powerlifting

Fri. The 13. Sep. 2019

Weigh in at: 08:00

Start at: 10:00

Group 1	10 lifters
Women subjunior,	5
Men subjunior 53kg, 59kg, and 74kg	5

Group 2	10 lifters
Men subjunior 83kg, 93kg, 105kg and 120kg	10

Jury: Klaus Brostrøm, Per Øyvind Fjeld,
Margetta Salminen

Referees: Birgitte Thorsen, Stian Botnen,
Thomas Høgsberg

Weigh in at: 13:00

Start at: 15:00

Group 1	13 lifters
Women junior All	13

Group 2	10 lifters
Men junior 59kg, 66kg, 74kg, and 83kg.	10

Group 3	13 lifters
Men junior 93kg, 105kg, 120kg and +120kg.	13

Jury: Susanne Diter, Margetta Salminen,
Timo Heiskanen

Referees: Ása Olafsdottir, Jørgen Rasmussen,
Jan Östlund,
Reserve: Jan Lyhne

Classic benchpress

Sat. The 14. Sep. 2019

Weigh in at: 08:00

Start at: 10:00

Group 1.	10 lifters
All Subjunior and women junior	10

Group 2	9 lifters
Men junior	9

Jury: Susanne Diter, Margetta Salminen,
Per Øyvind Fjeld

Referees: Birgitte Thorsen, Stian Botnen,
Timo Heiskanen.

Powerlifting Equipped

Weigh in at: 10:00

Start at: 12:00

Gruppe 1	11 lifters
All Subjunior and junior	11

Jury: Klaus Brostrøm, Margetta
Salminen, Per Øyvind Fjeld

Referees: Ása Olafsdottir, Jan Östlund, Jan
Lyhne

Benchpress Eguipped

Weigh in at: 13:00

Start at: 15:00

Gruppe 1	5 lifters
All Subjunior and junior	5

Jury: Susanne Diter, Margetta Salminen,
Per Øyvind Fjeld

Referees: Birgitte Thorsen, Stian Botnen,
Timo Heiskanen.