



## Commonwealth Powerlifting Federation

Peter Fiore - President  
Neville Primich - Vice President  
Richard Parker - General Secretary

### Founder Nations:

Australia | Canada |  
England |  
Fiji Islands | India |  
Northern Island |  
New Zealand | Pakistan  
| Scotland | South Africa  
| Wales

## 2011 CHAMPIONSHIPS – UPDATED PRELIMINARY PROGRAMME

Venue: Bournemouth University, Sport & Recreation Centre, Fern Barrow, Talbot Campus, Poole, BH12 5BB, UK.

### **Wednesday 14<sup>th</sup> December**

16.00hrs Technical Meeting  
18.00hrs Referees' Clinic  
19.00hrs CPF Congress

### **Thursday 15<sup>th</sup> December**

#### **Day 1 Three Lift**

Official Opening Ceremony 09.30hrs  
Commencement of lifting 10.00hrs  
Men - All Age Groups, up to and including 74kg Category.  
Women - All Age Groups, up to and including 63kg Category.

### **Friday 16<sup>th</sup> December**

#### **Day 2 Three Lift**

Men - All Age Groups, 83kg & 93kg Category.  
Women - All Age Groups, 72kg Category.

### **Saturday 17<sup>th</sup> December**

#### **Day 3 Three Lift**

Men - All Age Groups, 105kg to 120kg+ Category.  
Women - 84kg and 84kg+ Category.

### **Sunday 18<sup>th</sup> December**

#### **Day 4 Bench Press**

All Weight Categories and Age Groups  
Equipped and Unequipped may run concurrently.

### **Sunday 18<sup>th</sup> December**

**19.00hrs Presentations & Buffet Dinner**

**WEIGN-IN TIMES WILL BE CONFIRMED AFTER FINAL NOMINATIONS**