

**TENTATIVE SCHEDULE**  
**of the 34th International Weightlifting Tournament in Panevėžys**  
**to mark the City Birthday and presentation of the Panevėžys City Weightlifting Museum**  
**Panevėžys, 05 to 08 September 2024**

**05-09-2024 (Thursday)**

Arrival of foreign teams before 15:00 (Germany- 8, Spain-5, Hungary-5, , Latvia- 6, Estonia- 6, Lithuania- 6, and Poland- 5, Čechia 8).

Lunch - 15:00 .

Presentation Of the Panevėžys City Weightlifting Museum 18:00.

Evening meal - 20:00.

**06-09-2024 (Friday)**

Breakfast 8:00.

Arrival of other teams from Latvia, Estonia and Lithuania before 9:30.

**Women (weight categories 45, 49 kg) weigh-in - 8:00, competition - 10:00.**

**Women (weight categories 55, 59 kg) weigh-in - 9:00, competition - 11:00.**

**Women (weight categories 64, 71, 76, +76 kg) weigh-in - 10:00, competition - 12:00**

Winners and runners-up will be awarded diplomas and medals each weight category, and cups as per Sinclair table).

**OPENING OF THE COMPETITION - 14:00. Award ceremony of women winners and runners-up. PLEASE BRING YOUR NATIONAL FLAG. FOR PRESENTATION AND OPENING CEREMONY THE ATHLETES MUST APPEAR IN TRICOT ONLY.**

13:00 to 14:00 Lunch and visit of the foreign visitors to the Panevėžys City Weightlifting Museum

**Men (weight categories 45, 49 kg) weigh-in - 12:00, competition - 14:00.**

**Men (weight categories 55, 61 kg) weigh-in - 13:30, competition - 15:30.**

**Men (weight category 67,73 kg): weigh-in at 15:00, presentation of participants at 16:45, dance program - 16:50, competition start - 17:00. Award ceremony of men winners and runners-up - 18:30.**

Evening meal 19:00 Evening meal for coaches and officials - 20:00.

**07-09-2024 (Saturday) Small sports hall, Liepu al. 4**

Breakfast 8:00 to 9:00

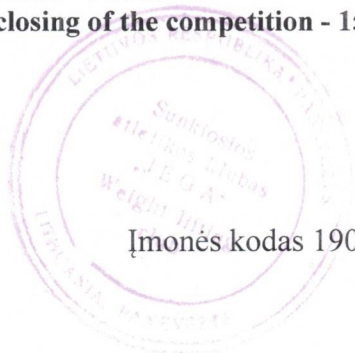
**Weight category 73 kg:** weigh-in at 8:00, presentation of participants at 9:45, dance program - 9:50, competition start - 10:00.

**Weight category 81 kg:** weigh-in at 9:00, presentation of participants at 10:45, competition start - 11:00.

**Weight categories 89, 96 kg:** weigh-in at 10:30, competition start - 12:30.

**Weight categories 102, 109, +109 kg:** weigh-in at 12:00, presentation of participants at 13:45, dance program - 13:50, competition start - 14:00.

**Award ceremony, closing of the competition - 15:30**



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### **VETERANS' COMPETITION**

Veterans' group 1: weigh-in at 13:30, competition 15:30.

Veterans' group 2: weigh-in at 15:00, competition 15:00.

Closing of the competition at 17:00.

P.S. Israel 4 veterans, the schedule of event is subject to change, start 25 euro.

### **08-09-2024 (Sunday)**

Breakfast 8:00

Excursion of foreign team members to Anykščiai- 9:00 to 12:00

**DEMONSTRATION COMPETITION in at Laisvės Square (centre of the City) in Senvagė (Old River Bed) with participation of athletes from foreign countries, clubs and local sports centre (1 girl and 1 boy)**

**11:00 to 12:00 Presentation of the Panevėžys City Weightlifting Museum to the city community and visitors (video, photographs, stories about development of weightlifting in Panevėžyje, etc.)**

Dance program	12:00 to 12:05
<b>Presentation of women athletes</b> , opening of competition	12:05 to 12:10
Women's competition (snatch)	12:10 to 12:30
Dance program	12:30 to 12:45
Competition for spectators (barbell), awards	12:45 to 12:50
Women's competition (jerk), awards	12:50 to 13:10
<b>Presentation of athletes</b>	13:10 to 13:15
Competition for spectators (discs)	13:15 to 13:40
Mens old athletes competition (snatch)	13:40 to 14:00
Competition for spectators (bench press)	14:00 to 14:05
<b>Presentation of athletes</b>	14:05 to 14:20
Competition for spectators (24 kg kettlebell lifting)	14:20 to 14:40
Dance program	14:40 to 14:45
Men's competition (jerk)	14:45 to 15:00
Competition for spectators (beer keg lifting)	15:00 to 15:20
Competition - squat or deadlift	15:20 to 15:30

Prize winners awarding ceremony. CLOSING OF THE COMPETITION 15:35.

### **09-09-2024 (Monday)**

Departure of the Spanish team.

p.s. the schedule is subject to change.

G.Čeponis, Chief referee of the competition

