

EVENT TIMETABLE

Weigh ins 8:30 ~

8:30 A group

9:00 B group , 9:30 C group

There will be no orders within groups

Opening Ceremony 9:45

Greetings from Kanan and Esther, Rules, Explanation about the venue

SQUAT 10:00~

10:00 A group

10:30 B group , 11:00 C group

※Warm ups begin 30 mins before your group starts lifting

Lunch Break 11:30~12:30

BENCH PRESS 12:30~

12:30 A group

13:00 B group , 13:30 C group

※Warm ups begin 30 mins before your group starts lifting

Break 14:00~14:30

Words from sponsors & games

DEADLIFT 14:30~

14:30 A group

15:00 B group , 15:30 C group

※Warm ups begin 30 mins before your group starts lifting

Closing Ceremony 16:15

Awards, group photo, words from Stronggirls