

第 62 屆體育節 - 香港健力錦標賽 2019

62nd Festival of Sport - Hong Kong Powerlifting Championships 2019

比賽秩序表 Competition Schedule

比賽日期 Competition date: 20/04/2019

開幕時間 Opening Ceremony: 10:30am

<p>第一場 <u>女子所有級別</u> (09:00am 運動員過磅) (比賽時間:11:00am) 1st Session <u>Women all categories</u> (Weigh-in: 09:00am) (Competition start: 11:00am)</p>	
<p>Lunch Break (13:00-14:00)</p>	
<p>第二場 B 組 <u>男子 少年及元老組</u> (12:00pm 運動員過磅) (比賽時間:14:00pm) 2nd Session Group B <u>Men Sub-Junior & Master 1/2/3/4</u> (Weigh-in: 12:00pm) (Competition start: 14:00pm)</p>	<p>第二場 A 組 <u>男子 青年組</u> (12:00pm 運動員過磅) (比賽時間:14:00pm) 2nd Session Group A <u>Men Junior</u> (Weigh-in: 12:00pm) (Competition start: 14:00pm)</p>
<p>第三場 (15:00pm 運動員過磅) <u>男子 公開組</u> (比賽時間:17:00pm) 3rd Session <u>Men Open</u> (Weigh-in: 15:00pm) (Competition start: 17:00pm)</p>	