

第十九屆香港有裝備臥推舉錦標賽、無裝備

臥推舉錦標賽2020章程

19th Hong Kong Bench Press (Geared & Classic) Championships 2020

Competition Rundown

比賽日期 Competition date: 21/11/2020

比賽地點 Competition venue: 長沙灣體育館 Cheung Sha Wan Sports Centre, Kowloon

21/11/2020	
07:00 - 11:30am	Venue Setup
11:30am	Opening Ceremony
第一場 女子無裝備 所有級別 (10:00am 運動員過磅) (09:30am 檢查裝備) (比賽時間:12:00pm) 1st Session Women Classic All Categories (Weigh-in: 10:00am) (Gear check: 09:30am) (Competition start: 12:00pm)	第二場 男子無裝備青年組及少年組 (11:00am 運動員過磅) (10:30am 檢查裝備) (比賽時間:01:00pm) 2nd Session Men Junior & Sub-junior (Weigh-in: 11:00am) (Gear check: 10:30am) (Competition start: 01:00pm)
第三場 B 組 男子無裝備公開及元老組 59-74 kg 公斤級 (12:30pm 運動員過磅) (12:00pm 檢查裝備) (比賽時間: 02:00pm) 3rd Session Group Men Classic Open & Masters 59-74 kg class (Weigh-in: 12:30pm) (Gear check: 12:00pm) (Competition start: 02:00pm)	第三場 A 組 男子無裝備公開及元老組 83-120+ kg 公斤級 (12:30pm 運動員過磅) (12:00pm 檢查裝備) (比賽時間: 02:00pm) 3rd Session Group A Men Classic Open & Masters 83-120+ kg class (Weigh-in: 12:30pm) (Gear check: 12:00pm) (Competition start: 02:00pm)
Victory Ceremony (Classic)	

第四場 男女子有裝備

(04:00pm 運動員過磅) (03:30pm 檢查裝備)

(比賽時間: 06:00pm)

4th Session Group Men & Women Equipped

(Weigh-in: 04:00pm) (Gear check: 03:30pm)

(Competition start: 06:00pm)

Victory Ceremony (Equipped)

09:00 - 10:00pm

Venue Dismantling