

香港臥推舉錦標賽2024 (經典及有裝備)

Hong Kong Bench Press Championships 2024 (Classic & Equipped)

比賽程序 Competition Rundown

比賽日期 Competition date: 05/10/2024

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

第一場 1 st Session
<u>女子: 蹲舉 & 臥推舉 (經典) (所有組別) Women: Squat & Bench Press (Classic) (All Categories)</u>
11:30am 檢查裝備 Gear Check
12:00pm 運動員過磅 Weight-In (Group A: 蹲舉 Squat)
12:30pm 運動員過磅 Weight-In (Group B: 臥推舉 Bench Press)
<u>Group A 蹲舉(經典) Squat (Classic)</u>
14:00pm 比賽開始 Competition Start
20 分鐘休息 20 Minutes Break
<u>Group B 臥推舉(經典) Bench Press(Classic)</u>
14:30pm 比賽開始 Competition Start
頒獎典禮 Victory Ceremony
第二場 2 nd Session
<u>男子: 臥推舉 (經典、有裝備) (所有組別) Men: Bench Press (Classic, Equipped) (All Categories)</u>
<u>女子: 臥推舉 (有裝備) (所有組別) Women: Bench Press (Equipped) (All Categories)</u>
13:30pm 檢查裝備 Gear Check
14:00pm 運動員過磅 Weight-In
16:00pm 比賽開始 Competition Start
頒獎典禮 Victory Ceremony