



**2021 European Masters Championship**  
**16th - 21st OCTOBER 2021**  
**Alkmaar**  
**THE NETHERLANDS**



**Friday 15th OCT. 2021 TECHNICAL MEETING 18:00**

DATE	Weigh-in	Start Time	Age Group	No. of Lifters	Body Wght. Category	Platform	Session
SAT. 16th Oct.	07:30	09:30	M85/M80	9	ALL/55-81 kg	A	1
	07:30	09:30	M80	8	89 - +109 kg	B	2
	09:30	11:30	M75	9	55 - 81 kg	A	3
	09:30	11:30	M75	13	89-+109 kg	B	4

**OPENING CEREMONY 14:00 - 14:45**

	13.15	15.15	W75 -W65	6	ALL	A	5
	14.45	16.45	M70	9	55 - 73 kg	A	6
	14.45	16.45	M70	12	81 - +109 kg	B	7
	16.45	18.45	M65	10	55 - 89kg	A	8
	16.45	18.45	M65	9	96 - +109 kg	B	9

85

SUN. 17th Oct.	08.00	10.00	W60	6	45-59 kg	A	10
	08.00	10.00	W60	7	64-+87 kg	B	11
	09.30	11.30	M60	11	55-81 kg	A	12
	09.30	11.30	M60	12	89 - +109 kg	B	13
	11.45	13.45	M55	9	55-73 kg	A	14
	11.45	13.45	M55	12	81 kg	B	15
	13.30	15.30	W55	7	45 - 64 kg	A	16
	13.30	15.30	W55	6	71 - +87 kg	B	17
	14.45	16.45	M55	11	89-96 kg	A	18
	14.45	16.45	M55	9	102-+109 kg	B	19

90

MON. 18th Oct.	08.00	10.00	M50	12	55 - 73 kg	A	20
	08.00	10.00	M50	10	81 - 89 kg	B	21
	10.30	12.30	W50	7	45 - 64 kg	A	22
	10.30	12.30	W50	6	71 - +87 kg	B	23
	11.45	13.45	M50	10	96-102	A	24
	11.45	13.45	M50	7	109-+109 kg	B	25
	13.30	15.30	W45	14	45 - 64 kg	A	26
	13.30	15.30	W45	14	71-+87 kg	B	27

80

**EUROPEAN MASTERS ELECTORAL CONGRESS OF NATIONS - START 19:00**

TUES. 19th Oct.	07:30	09:30	M45	6	55-73kg	A	28
	08.45	10.45	M45	10	81kg	A	29
	08.45	10.45	M45	12	89kg	B	30
	11.00	13.00	W40	8	45-59 kg	A	31
	11.00	13.00	W40	9	64 kg	B	32
	12.45	14.45	M45	10	96-102kg	A	33
	12.45	14.45	M45	9	109-+109 kg	B	34

64

WED. 20th Oct.	07.30	09.30	M40	16	55-81 kg	A	35
	07.30	09.30	M40	15	89 kg	B	36
	10.30	12.30	W40	12	71 - 76 kg	A	37
	10.30	12.30	W40	12	81-+87 kg	B	38
	12.30	14.30	M40	7	96 kg	A	39
	12.30	14.30	M40	10	102 - +109 kg	B	40
	14.30	16.30	W35	12	45 - 55 kg	A	41
	14.30	16.30	W35	14	59 - 64 kg	B	42

94

**MASTERS WEIGHTLIFTING FRIENDSHIP SNACK & DRINK GET-TOGETHER**

**LOCATION AND TIME ANNOUNCED**

THURS. 21st Oct.	08:00	10:00	M35	8	55 + 61 + 81 kg	A	43
	08:00	10:00	M35	10	67 + 73kg	B	44
	10.00	12.00	W35	14	71 kg	A	45
	10.00	12.00	W35	10	76 - +87 kg	B	46
	12.30	14.30	M35	13	89 kg	A	47
	12.30	14.30	M35	14	96 - +109 kg	B	48

69

TOTAL 482