

2022 Tbilisi Open European Para Powerlifting Championships

Preliminary Training Schedule @Hualing Hotel



The training schedule is devised on a fair rotational daily basis and must not be altered.
Teams should train at their scheduled group times on the bench number(s) identified below.
Please arrive and leave on time to enable the LOC to do the cleaning before the next group.
The training time slot is 1h for each group.

v.1st September

Dates / Times		21-Sep	22-Sep	23-Sep	24-Sep	25-Sep	26-Sep	27-Sep	28-Sep
Start	Finish								
08:00	08:45	Open							
08:45	08:50	Blackout cleaning							
09:00	10:00	Open	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6	Group 7
10:00	10:05	Blackout cleaning							
10:05	11:05	Open	Group 2	Group 3	Group 4	Group 5	Group 6	Group 7	Group 8
11:05	11:10	Blackout cleaning							
11:10	12:10	Open	Group 3	Group 4	Group 5	Group 6	Group 7	Group 8	Group 9
12:10	12:15	Blackout cleaning							
12:15	13:15	Open	Group 4	Group 5	Group 6	Group 7	Group 8	Group 9	Group 10
13:15	13:20	Blackout cleaning							
13:20	14:20	Open	Group 5	Group 6	Group 7	Group 8	Group 9	Group 10	Group 1
14:20	14:25	Blackout cleaning							
14:25	15:25	Open	Group 6	Group 7	Group 8	Group 9	Group 10	Group 1	Group 2
15:25	15:30	Blackout cleaning							
15:30	16:30	Open	Group 7	Group 8	Group 9	Group 10	Group 1	Group 2	Group 3
16:30	16:35	Blackout cleaning							
16:35	17:35	Open	Group 8	Group 9	Group 10	Group 1	Group 2	Group 3	Group 4
17:35	17:40	Blackout cleaning							
17:40	18:40	Open	Group 9	Group 10	Group 1	Group 2	Group 3	Group 4	Group 5
18:40	18:45	Blackout cleaning							
18:45	19:45	Open	Group 10	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
19:45	19:50	Blackout cleaning							
19:50	21:30	Open							
Deep Clean									

Training groups	NPC	Nr of Athletes	Bench allocation							
			21-Sep	22-Sep	23-Sep	24-Sep	25-Sep	26-Sep	27-Sep	28-Sep
Group 1	ARM	3	1,2	1,2	1,2	1,2	1,2	1,2	1,2	1,2
	AZE	8	3,4,5,6,7	3,4,5,6,7	3,4,5,6,7	3,4,5,6,7	3,4,5,6,7	3,4,5,6,7	3,4,5,6,7	3,4,5,6,7
	MDA	4	8,9	8,9	8,9	8,9	8,9	8,9	8,9	8,9
	NED	1	10	10	10	10	10	10	10	10
Group 2			1	1	1	1	1	1	1	1
	BRA	4	2,3	2,3	2,3	2,3	2,3	2,3	2,3	2,3
	DOM	5	4,5,6	4,5,6	4,5,6	4,5,6	4,5,6	4,5,6	4,5,6	4,5,6
	VEN	4	7,8	7,8	7,8	7,8	7,8	7,8	7,8	7,8
	ESP	4	9,10	9,10	9,10	9,10	9,10	9,10	9,10	9,10
Group 3	UKR	9	1,2,3,4,5,6	1,2,3,4,5,6	1,2,3,4,5,6	1,2,3,4,5,6	1,2,3,4,5,6	1,2,3,4,5,6	1,2,3,4,5,6	1,2,3,4,5,6
	BUL	1	7	7	7	7	7	7	7	7
	SRB	1	8	8	8	8	8	8	8	8
	SVK	2	9	9	9	9	9	9	9	9
	CYP	2	10	10	10	10	10	10	10	10
Group 4	POL	8	1,2,3,4	1,2,3,4	1,2,3,4	1,2,3,4	1,2,3,4	1,2,3,4	1,2,3,4	1,2,3,4
	IRL	3	5,6	5,6	5,6	5,6	5,6	5,6	5,6	5,6
	KAZ	6	7,8,9,10	7,8,9,10	7,8,9,10	7,8,9,10	7,8,9,10	7,8,9,10	7,8,9,10	7,8,9,10
Group 5	POL	14	1-10	1-10	1-10	1-10	1-10	1-10	1-10	1-10
Group 6	TUR	15	1-10	1-10	1-10	1-10	1-10	1-10	1-10	1-10
Group 7	GEO	10	1,2,3,4,5,6	1,2,3,4,5,6	1,2,3,4,5,6	1,2,3,4,5,6	1,2,3,4,5,6	1,2,3,4,5,6	1,2,3,4,5,6	1,2,3,4,5,6
	POR	1	7	7	7	7	7	7	7	7
	TKM	5	8,9,10	8,9,10	8,9,10	8,9,10	8,9,10	8,9,10	8,9,10	8,9,10
Group 8	GBR	13	1-7	1-7	1-7	1-7	1-7	1-7	1-7	1-7
	EST	1	8	8	8	8	8	8	8	8
	ISR	1	9	9	9	9	9	9	9	9
	SGP	1	10	10	10	10	10	10	10	10
Group 9	GRE	8	1,2,3,4,5	1,2,3,4,5	1,2,3,4,5	1,2,3,4,5	1,2,3,4,5	1,2,3,4,5	1,2,3,4,5	1,2,3,4,5
	ITA	7	6,7,8,9	6,7,8,9	6,7,8,9	6,7,8,9	6,7,8,9	6,7,8,9	6,7,8,9	6,7,8,9
	MGL	1	10	10	10	10	10	10	10	10
Group 10	FRA	7	1,2,3,4	1,2,3,4	1,2,3,4	1,2,3,4	1,2,3,4	1,2,3,4	1,2,3,4	1,2,3,4
	HUN	6	5,6,7	5,6,7	5,6,7	5,6,7	5,6,7	5,6,7	5,6,7	5,6,7
	FIN	1	8	8	8	8	8	8	8	8