



# TIMETABLE FOR VISITORS

## SHE LIFTS CUP 2026

11.4.2026

OLTEN (SO)



### VORMITTAG/MATINÉE

<i>Get your coffee and Gipfeli!</i>		08.30-09.00
<b>Greeting</b>	Informations about the competition	<b>08.50</b>
Start Competition	Group 1 + 2	09.00
<b>Explanation and demonstration for spectators 5 minutes before the start of each discipline!</b>		
End of Competition	Group 1 + 2	13.00
Ceremony	Group 1 + 2	Directly afterwards

### NACHMITTAG/APRÈS-MIDI

<i>Lunch break by Himalaya Take Away</i>		13.00-14.00
<b>Greeting</b>	Informations about the competition	<b>13.50</b>
Start Competition	Group 3 + 4	14.00
<b>Explanation and demonstration for spectators 5 minutes before the start of each discipline!</b>		
End of Competition	Group 3 + 4	18.00
Ceremony	Group 3 + 4	Directly afterwards

Am Ende von jeder Disziplin (Squat, Bench, Deadlift) wird es eine Pause von 10 Minuten geben.

À la fin de chaque discipline (squat, développé couché, soulevé de terre), il y aura une pause de 10 minutes.