



**WORLD ARMWRESTLING CHAMPIONSHIP 2019
DECEMBER 5-6, RUMIA, POLAND**



IFA WORLD ARMWRESTLING CHAMPIONSHIPS 2019 RUMIA, POLAND

TOURNAMENT SCHEDULE

	DAY 1, LEFT HAND December 5, 2019, Thursday
8:30	Opening Ceremony
9:00	Junior Eliminations
10:00	Junior Finals, awarding and doping control
11:45	Masters Eliminations
12:50	Masters Finals, Awarding and doping control
14:10	Disabled Eliminations
15:30	Disabled Finals, awarding and doping control
16:50	Senior Eliminations
18:50	Senior Finals awarding and doping control
20:00	End of the DAY 1

	DAY 2, RIGHT HAND December 6, 2019, Friday
9:00	Junior Eliminations
10:00	Junior Finals, awarding and doping control
11:45	Masters Eliminations
12:50	Masters Finals, Awarding and doping control
14:10	Disabled Eliminations
15:30	Disabled Finals, awarding and doping control
16:50	Senior Eliminations
18:50	Senior Finals awarding and doping control
20:00	End of the DAY 2 and Closing Ceremony