



Invitation to the First Competition of the Lower Leagues in Lugano 23.03.2019

Date: 23.03.2019

Where: CrossFit Lugano, Via Fola 11, 6963 Pregassona

Leagues	Weight-in	Competition Start
4. Liga (7) + 3. Liga (9)	9.00 - 10.00	11.00
2. Liga (12)	11.00 - 12.00	13.00
1. Liga F (9)	13.00 - 14.00	15.00
1. Liga M (11)	15.00 - 16.00	17.00

Because of the lower number of participant in the 4. Liga, the 4. and 3. Liga will be competing together in the same platform. The results and the awards will be held separately for the two different leagues.

The athletes' presentation will take place 5 minutes before each competition.

I wish everyone good luck for the competition.

Carolina Poma, President Lugano Weightlifting Club