

January

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19 E-Bench 90	20	21	22	23
24	25	26	27	28	29	30
31						

April

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11 U-Cup 90	12	13	14	15	16
17 Classic 60	18 C-Bench 30	19 - IPF E-Bench	20 - IPF E-Bench	21 - IPF E-Bench	22 - IPF E-Bench	23 - IPF E-Bench
24	25	26	27 C-Bench 21	28	29	30

Feb

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18 C-Bench 90	19 E-Bench 60	20
21	22	23	24	25	26	27
28	29					

May

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11 U-Cup 60	12	13	14
15	16 NAPF 90	17 Classic 30	18 - IPF C-Bench	19 - IPF C-Bench	20 - IPF C-Bench	21 - IPF C-Bench
22	23	24	25	26	27	28 Classic 21
29	30 Junior 90	31				

March

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1	2	3	4 Arnold Fest	5 Arnold Fest
6 Arnold Fest	7	8	9	10	11	12
13	14	15	16	17 Classic 90	18 C-Bench 60	19 E-Bench 30
20	21	22	23	24	25	26
27	28	29 E-Bench 21	30	31		

June

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1	2	3	4
5	6	7	8	9 U-Cup 30	10	11
12	13	14	15	16 NAPF 60	17	18 U-Cup 21
19 - IPF Classic	20 - IPF Classic	21 - IPF Classic	22 - IPF Classic	23 - IPF Classic	24 - IPF Classic	25 - IPF Classic
26 - IPF Classic	27	28 Master 90	29	30 Junior 60		

July Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11 - IPF U-Cup	12 - IPF U-Cup	13 - IPF U-Cup	14 - IPF U-Cup	15 - IPF U-Cup	16 - IPF U-Cup
17 - IPF U-Cup	18 NAPF 30	19	20	21	22	23
24	25	26 NAPF 21	27	28 Master 60	29	30 Junior 30
31						

Oct Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						1
2 - IPF E-Master	3 - IPF E-Master	4 - IPF E-Master	5 - IPF E-Master	6 - IPF E-Master	7 - IPF E-Master	8 - IPF E-Master
9	10	11	12	13	14 E-Open 30	15
16	17	18 NAPF-BP 30	19	20	21	22
23 E-Open 21	24	25	26	27 NAPF-21	28	29
30	31					

August Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1	2	3	4	5	6
7	8 Junior 21	9	10	11	12	13
14 E-Open 90	15	16 - NAPF North Am's	17 - NAPF North Am's	18 - NAPF NAPF-BP 90	19 - NAPF North Am's	20 - NAPF North Am's
21 - NAPF North Am's	22	23	24	25	26	27
28 Master 30	29 - IPF E-Junior	30 - IPF E-Junior	31 - IPF E-Junior			

Nov Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13 - IPF E-Open	14 - IPF E-Open	15 - IPF E-Open	16 - IPF E-Open	17 - IPF E-Open	18 - IPF E-Open	19 - IPF E-Open
20	21	22	23	24 NAPF - BP	25 NAPF - BP	26 NAPF - BP
27	28	29	30			

Sept Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1 - IPF E-Junior	2 - IPF E-Junior	3 - IPF E-Junior
4	5	6	7	8	9	10 Master 21
11	12	13	14 E-Open 60	15	16	17
18 NAPF-BP 60	19	20	21	22	23	24
25	26	27	28	29	30	

Dec Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

4-6. Mar	Arnold Sports Fest. Columbus, Ohi
19-23 Apr	World Open, Sub-Jun, Jun, Master Equipped Bench Press Championships, Rodby Denmark
18-21 May	World Open, Sub-Jun, Jun, Master Classic Bench Press Championships Potchefstroom, RSA
19-26 June	IPF RAW/Classic World Powerlifting Championships Sub-Junior, Junior, Open and Masters, Killeen, Texas
11-17 July	1st University Powerlifting World Cup, Minsk, Belarus
16 - 21 Aug	14th Annual NAPF North American Regional Powerlifting Championships, St. Croix, USVI
29 Aug-3 Sep	World Sub Juniors & Juniors Powerlifting Championships Wroclaw, Poland (Equipped only)
2-8 Oct	Men's and Women's Masters World Powerlifting Championships, Tallinn, Estonia
13-19 Nov	Men's and Women's Powerlifting World Championships Orlando, Florida USA
17-19 Nov	10th Annual NAPF/FESUPO Pan-American Regional Bench Press Championships, San Jose, Costa Rica

How it Works

Each Contest (except the Arnold) has FOUR important dates:

90 days prior: CPU members must submit their Team Application form

60 days prior: the CPU submits the preliminary entry list

30 days prior: CPU members must submit final details form (flight and hotel info) and any payments required.

21 days prior: The CPU submits the final info, with hotel details, transport, any fees required, etc.

Contests and the 4 dates are color coded on the calendar to match the list.