

FINAL EVENT TIME TABLE

SOME SESSIONS HAVE BEEN MOVED FORWARD BY 15MINS SO ATHLETES AND COACHES PLEASE CHECK

SATURDAY

SESSION 1	GIRLS 49, 55, 59kg	
WEIGH IN: 6am	START 8am	LIFTERS 9
SESSION 2	BOYS 49, 55, 61kg	
WEIGH IN: 8:30am	START 10:30am	LIFTERS 16
SESSION 3	GIRLS 64, 76kg	
WEIGH IN: 12pm	START 2pm	LIFTERS 11
SESSION 4	BOYS 67, 73kg	
WEIGH IN: 2:45pm	START 4:45pm	LIFTERS 17

SUNDAY

SESSION 5	BOYS 81	
WEIGH IN: 6am	START 8am	LIFTERS 9
SESSION 6	GIRLS 71	
WEIGH IN: 8:15am	START 10:15am	LIFTERS 14
SESSION 7	GIRLS 81, 81+	
WEIGH IN: 11:15am	START 1:15pm	LIFTERS 11
SESSION 8	BOYS 89, 96, 102+	
WEIGH IN: 1:45pm	START 3:45pm	LIFTERS 11