

Competition Schedule

Saturday 10 March 2018

Session 1

Men 56 kg, 62 kg & 69 kg

Weigh in: 8.00 am

Competition Start: 10.00 am

Session 2

Women 48 kg, 53 kg, 58 kg & 63 kg

Weigh in: 10.30 am

Competition Start: 12.30 pm

Session 3

Men 77 kg

Weigh in: 1.30 pm

Competition Start: 3.30 pm

Session 4

Men 85 kg

Weigh in: 4.00 pm

Competition Start: 6.00 pm

**SINGAPORE NATIONAL OPEN
WEIGHTLIFTING CHAMPIONSHIP
10 & 11 MARCH 2018**



Sunday 11 March 2018

Session 5

Women 69 kg, 75 kg & +75 kg
Women Masters

Weigh in: 8.00 am
Competition Start: 10.00 am

Session 6

Men 94 kg, 105 kg & +105 kg

Weigh in: 11.00 am
Competition Start: 1.00 pm

Session 7

Men Masters

Weigh in: 1.00 pm
Competition Start: 3.00 pm

Competition Venue

Bedok Sports Hall
3 Bedok North Street 2
Singapore 469643
Tel: 67479330