

Tentative Competition Schedule

Saturday 9 March 2019

Session 1

Men 55kg, 61kg, 67kg, 73kg

Weigh in: 8.00 am

Competition Start: 10.00 am

Session 2

Women 45kg, 49kg, 55kg, 59kg, 64kg

Weigh in: 10.30 am

Competition Start: 12.30 pm

Session 3

Men 81kg, 89kg

Weigh in: 1.30 pm

Competition Start: 3.30 pm

Session 4

Women 71kg, 76kg, 81kg, 87kg, +87kg
Women Masters

Weigh in: 4.00 pm

Competition Start: 6.00 pm

NOTE: The organisers reserve the right to revise the schedule as it deems fit, including scheduling an early start to the competition on 8th March 2019, if registration is overwhelming. Athletes are highly encouraged to be flexible when making travel plans.

**SINGAPORE NATIONAL OPEN
WEIGHTLIFTING CHAMPIONSHIPS
9 & 10 MARCH 2019**



Sunday 10 March 2019

Session 5

Women Masters

Weigh in: 8.00 am
Competition Start: 10.00 am

Session 6

Men 96kg, 102kg, 109kg, +109kg

Weigh in: 11.00 am
Competition Start: 1.00 pm

Session 7

Men Masters

Weigh in: 1.00 pm
Competition Start: 3.00 pm

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