

Saturday 9 March 2019

Session 1

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

Weigh in: 7.30 am
Competition Start: 9.30 am

Session 2

Women 49kg, 55kg, 59kg

Weigh in: 10.00 am
Competition Start: 12.00 pm

Session 3

Men 81kg

Weigh in: 1.00 pm
Competition Start: 3.00 pm

Session 4

Women 64kg, 71kg, 76kg, 81kg, +87kg
Women Masters

Weigh in: 3.30 pm
Competition Start: 5.30 pm

Sunday 10 March 2019

Session 5

Men 89kg, 96kg, 102kg, 109kg, +109kg

Weigh in: 7.30 am
Competition Start: 9.30 am

Session 6

Men Masters

M80+ Yrs, M65-69 Yrs, M60-64 Yrs, M55-59 Yrs, M50-54 Yrs

Weigh in: 10.00 am
Competition Start: 12.00 pm

Session 7

Men Masters

M45-49 Yrs, M40-44 Yrs

Weigh in: 1.00 pm
Competition Start: 3.00 pm

Session 8

Men Masters

M35-39 Yrs

Weigh in: 3.30 pm
Competition Start: 5.30 pm