

Medal ceremony will take place direct after each session.

**THURSDAY 13 MARCH 2014**

ALL 53 KG, 59KG, 66 KG MEN - SESSION 1 - 2 FLIGHTS(GROUPS)

WEIGH-IN 15h00 START 17h00

**FRIDAY 14 MARCH 2014**

WEIGH-IN 07h00 LIFTING 09h00

SESSION 1 - ALL WOMEN - 3 FLIGHTS (GROUPS)

WEIGH-IN 11h00 LIFTING 13h00

SESSION 2 - 74KG & 83KG MEN - 3 FLIGHTS (GROUPS)

CONGRESS - ELGRO HOTEL

**SATURDAY 15 MARCH 2014**

WEIGH-IN 07h00 LIFTING 09h00

SESSION 1 - 93 KG,105KG, 120 KG, 120+KG SUB/JUNIORS & JUNIORS

WEIGH-IN 11h00 LIFTING 13h00

SESSION 2 - 93 KG,105KG, 120 KG, 120+KG OPEN ,M1 - M3

Banquet will be at the VAN ROOYEN HALL.