

Sessions and Weigh-in Times for SS Equipped

Friday 26 June 2015

Session 1

Weigh-in 06h00-07h30 Lifting at 08h00
53.0 kg and 59.0 kg all age groups

Session 2

Weigh-in 09h00-10h30 lifting at 11h00
66 .0 kg All age groups

Session 3

Weigh-in 12h00-13h30 lifting at 14h00
74.0 kg All age groups

AGM will be held at 18h00 in the Hotel

Saturday 27 June 2015

Session 1

Weigh-in 06h00 - 07h30 Lifting at 08h00
All Women and 83.0 kg All age groups

Session 2

Weigh-in at 12h00 -13h30 Lifting at 14h00
Men 93.0 - +120 kg All age groups

There will be a medal ceremony after each session, all lifters will receive a Participation medal.