



	Friday 16th March	Saturday 17th March	Sunday 18th March
	Powerlifting	Powerlifting	Powerlifting
Session 1	Men 53kg, 59kg, 66kg	Men 93kg, 105kg	Women 72kg
<i>Weigh in Lift</i>	06h00-07h30 08h00	06h00-07h30 08h00	06h00-07h30 08h00
	Megan Leighton (chief) Adrian Smith Heather Leighton	Ephraim Khandanise (chief) Patrick Casey Heather Leighton	Patrick Casey (chief) Adrian Smith Jonathan Kariv (exam F1) Ruben van der Linde (exam F2)
Session 2	Men 74kg	Women 43kg, 52kg, 57kg	Women 84kg - 84+kg
<i>Weigh in Lift</i>	10h00-11h30 12h00	10h00-11h30 12h00	10h00-11h30 12h00
	Ephraim Khandanise (chief) Esmay Reader Kay-Lee Steyn	Cliff Hayim (chief) Esmay Reader Adrian Smith	Dan Oppenheim (chief) Ephraim Khandanise Jacqui Rees (exam)
Session 3	Men 83kg	Women 63kg	Men 120kg, 120+kg
<i>Weigh in Lift</i>	12h00-13h30 14h00	13h00-14h30 15h00	13h00-14h30 15h00
	Andre Ludik (chief) Dan Oppenheim Madikane Faku	Rodney Anthony (chief) Dan Oppenheim Kay-Lee Steyn	Vicki Botha (chief) Kay-Lee Steyn ?

Referee Availability:

Dan	Not Session 1 Friday Not Session 2 Saturday Not session 1 Sunday
Megan	Only session 1 Friday
Heather	Not session 1 Sunday
Adrian	Not Session 3 Friday Not session 2 Saturday Not session 3 Sunday
Patrick	Not Session 2 Saturday Not session 2,3 Sunday
Andre	Session 3 Friday
Vicki	Session 1 Friday Session 3 Sunday
Esmay	Goodlift scoring
Cliff	Session 2 on Saturday
Ephraim Madikane Rodney	Friday, Sat and Sun Friday and Saturday Session 3 Saturday
Exams:	Jonathan Kariv Jacqui Rees Ruben van der Linde