

SA Classic Powerlifting Championships 2023 – Updated Schedule

Date	Session	Weigh-in time	Lifting time	Session details
Wed 29 March		18h00		SAPF AGM
Thu 30 March	1	06h00-07h30	08h00	Women 43kg,47kg,52kg,57kg
	2	10h00-11h30	12h00	Men 53kg, 59kg, 66kg and All Youth
	3	14h00 -15h30	16h00	Men 74kg
Fri 31 March	1	06h00-07h30	08h00	Men 83kg
	2	10h00-11h30	12h00	Women 63kg
	3	14h00-15h30	16h00	Women 69kg
Sat 1 April	1	06h00-07h30	08h00	Men 93kg
	2	11h00-12h30	13h00	Men 105kg
Sun 2 April	1	07h00-08h30	09h00	Men 120kg, 120+kg
	2	11h00-12h30	13h00	Women 76kg, 84kg, 84+kg