

	Sunday 15th	Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th	Saturday 21st
Session 1	Men M1-4 59-66kg	Women M1-M4 47-63kg	Men M3&M4 105-120+kg	Men SJ 53-74kg	Men J 53-83kg	Men Open 59-66kg	Men Open -120kg- +120kg
<i>Weigh in</i>	09h00-10h30	08h00-09h30	08h00-09h30	08h00-09h30	09h00-10h30	09h00-10h30	09h00-10h30
<i>Lift</i>	11h00	10h00	10h00	10h00	11h00	11h00	11h00
<i>SA lifters</i>	JC Bruce	Ronel Reyneke Carm Ingel Carol Anthony		Damon Langeveld Mpho Hlanyane Ruben van der Linde Obert Booysen Yonela Mbembe	Sint-Willes Pieterse James Macintosh Tshepo Rapoo	Michael Botha Ivan Vers	Benedict Bucarizza Gerard Correia
<i>Coaches</i>	Rod	Rod, Henk		Rod, Ephraim, Glen, Gavin	Ephraim, Josh, Rod	Ephraim, Rod	Andrew, Rod, Antoinette
Session 2		Men M3&M4 93kg	Men M2 120 - 120+kg	no session	no session	Women Open 72- +84kg	
<i>Weigh in</i>		10h00-11h30	10h00-11h30			11h00-12h30	
<i>Lift</i>		12h00	12h00			13h00	
<i>SA lifters</i>			Andre Ludik Gerhardus Oosthuizen			Ilze-Mari Maritz Sandri van Staden Christi de Jager	
<i>Coaches</i>	14h00 - OPENING CEREMONY		Rod,	12h00 - MASTERS BANQUET		Andre, Andrew, Rod	
Session 3	Men M1&M2 74kg	Women M1-M4 72kg	Men M1&M2 105kg	Women SJ all & Men SJ 83- +120kg	Women J All & Men J 93- +120kg	Men Open 74-83kg	
<i>Weigh in</i>	13h00-14h30	13h00-14h30	13h00-14h30	14h00-15h30	14h00-15h30	14h00-15h30	
<i>Lift</i>	15h00	15h00	15h00	16h00	16h00	16h00	
<i>SA lifters</i>	Marlon Daniels Tommy de Nysschen	Laura de Wet	Christo Schoonraad Colin Young	Rouxchelle Roux Bronwyn Marshall Elan Donninger Bulelani Ngaki Johnde Victor	Megan Leighton Kim Halgreen Kashka Hobbs Elfranco Holder Adrian Smith Francois Maritz Edgar Katushabe	Jonathan Kariv	
<i>Coaches</i>	Rod, Ian, Quintin	Henk, Rod	Rod, Andre?	Rod, Andre, Adrian, Ilze	Rod, Andre, Marcel, Ilze	Andrew, Antoinette	
Session 4	Men M3&M4 74-83kg	Men M1&M2 93kg	Men M1 120kg & 120+kg		Women Open 47-63kg	Men Open 93-105kg	
<i>Weigh in</i>	15h00-16h30	15h00-16h30	15h00-16h30		16h00-17h30	16h00-17h30	
<i>Lift</i>	17h00	17h00	17h00		18h00	18h00	
<i>SA lifters</i>	Dan Oppenheim		Malone Horn Fanie du Preez Ian Mouton		Mariska Casey Antoinette Kriel Seritha Plaatjies	Nick Deetlefs	
<i>Coaches</i>	Rod		Rod, Ephraim, Quintin		Rod, Andrew, Ephraim	Andrew, Jared	
Session 5	Men M1&M2 83kg	Women M1-M4 84-84+kg					
<i>Weigh in</i>	17h00-18h30	17h00-18h30					
<i>Lift</i>	19h00	19h00					
<i>SA lifters</i>		Sanet Momberg Corien Potgieter					
<i>Coaches</i>		Andre, Ilze-Mari, Andrew					
				12h00 - MASTERS BANQUET			19h00 - SJ, J, O BANQUET

Changes made at Technical Meeting:

Note: Wed and Thu session 2 combined with Session 3

Session 3 moved 1 hour later on Wed.