

FRIDAY 7 MAY 2010.

SESSION 1; WEIGH IN 08 H 00 LIFTING 10 H 00 ALL WOMEN . REFEREES; CHIEF REF; VICKI BOTHA .SIDE REFS; CHRIS MULLER AND Q KANNEMEYER

SESSION 2; WEIGH IN 11 H 00 LIFTING 13 H 00 MEN AND MEN 52.0 KG TO 67,5
KG ANDRE LUDICK M MOUTON T DE WET

SATERDAY 8 MAY 2010

SESSION 1; WEIGH IN 07 H 00 LIFTING 09 H00 MEN 75 KG ISABEL
KRUGER ANITA RAS CLIFFORD HAYIM/HELGARD COETZER

SESSION 2; WEIGH IN 10 H 00 LIFTING 12 H 00 MEN 82.5 KG AND 90 KG VICKY
BOTHA M MOUTON JAQUES KNOESEN/ISABEL KRUGER

SESSION 3; WEIGH IN 12H 00 LIFTING 14 H 00 MEN 100 ; 110 ; 125 ; 125+ DAN
OPPENHEIM CHRIS MULLER Q KANNEMEYER

WET STANLEY DU PLESSIS THYS DE