



British Masters Open 2018

Saturday 7 July

Weigh in: 0900 Start: 1100 Finish: 1220	Group 1 – Men’s 45-49, 50-54, 55-59, 60-64, Age Groups – all bodyweight categories 9 Lifters
Weigh in: 1030 Start: 1230 Finish: 1335	Group 2 – Women’s 40-44, 45-49, 50-54, 55-59 Age Groups – all bodyweight categories 7 Lifters
Weigh in: 1145 Start: 1345 Finish: 1450	Group 3 – Men’s 40-44 Age Group – all bodyweight categories 7 Lifters
Weigh in: 1300 Start: 1500 Finish: 1615	Group 4 – Women’s 35-39 Age Group – all bodyweight categories 8 Lifters
Weigh in: 1425 Start: 1625 Finish: 1800	Group 5 – Men’s 35-39 Age Group – all bodyweight categories 9 Lifters

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