

British Masters Open 2018

Saturday 7 July

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| Weigh in: 0900 Start: 1100 Finish: 1220 | Group 1 – Men’s 35-39 Age Group – all bodyweight categories 9 Lifters |
| Weigh in: 1030 Start: 1230 Finish: 1345 | Group 2 – Women’s 35-39 Age Group – all bodyweight categories 8 Lifters |
| Weigh in: 1155 Start: 1355 Finish: 1500 | Group 3 – Men’s 40-44 Age Group – all bodyweight categories 7 Lifters |
| Weigh in: 1310 Start: 1510 Finish: 1625 | Group 4 – Women’s 40-44, 45-49, 50-54, 55-59 Age Groups – all bodyweight categories 8 Lifters |
| Weigh in: 1435 Start: 1635 Finish: 1755 | Group 5 – Men’s 45-49, 50-54, 55-59, 60-64, Age Groups – all bodyweight categories 9 Lifters |

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