

ENGLAND CHAMPIONSHIPS 2023 Schedule FRIDAY 8 DECEMBER 2023 Red Platform		
Weigh in: 12:15 Start: 14:15 Finish: 15:15	MEN 61KG A GROUP	5 Lifters
Weigh in: 13:30 Start: 15:30 Finish: 16:40	WOMEN 49KG A GROUP	7 Lifters
Weigh in: 14:55 Start: 16:55 Finish: 18:55	MEN 67KG A GROUP MEN 73KG A GROUP	12 Lifters

ENGLAND CHAMPIONSHIPS 2023 Schedule FRIDAY 8 DECEMBER 2023 Blue Platform		
Weigh in: 13:00 Start: 15:00 Finish: 16:30	MEN 67KG B GROUP MEN 73G B GROUP	9 Lifters
Weigh in: 14:45 Start: 16:45 Finish: 18:55	WOMEN 55KG B GROUP WOMEN 59KG B GROUP	13 Lifters
ENGLAND CHAMPIONSHIPS 2023 Schedule FRIDAY 8 DECEMBER 2023 Green Platform		
Weigh in: 14:00 Start: 16:00 Finish: 17:20	DEVELOPMENT GROUP	8 Lifters

ENGLAND CHAMPIONSHIPS 2023 Schedule SATURDAY 9 DECEMBER 2023 Red Platform		
Weigh in: 08:00 Start: 10:00 Finish: 12:00	WOMEN 55KG A GROUP WOMEN 59KG A GROUP	12 Lifters
Weigh in: 10:15 Start: 12:15 Finish: 14:15	MEN 81KG A GROUP MEN 89KG A GROUP	12 Lifters
Weigh in: 12:30 Start: 14:30 Finish: 16:30	WOMEN 64KG A GROUP WOMEN 71KG A GROUP	12 Lifters
Kit check: 17:15 Start: 18:00 Finish: 19:00	Para Powerlifting WOMEN	7 Lifters
Kit check: 18:30 Start: 19:15 Finish: 20:00	Para Powerlifting MEN	5 Lifters

ENGLAND CHAMPIONSHIPS 2023 Schedule SATURDAY 9 DECEMBER 2023 Blue Platform		
Weigh in: 08:00 Start: 10:00 Finish: 12:00	MEN 81KG B GROUP MEN 89KG B GROUP	12 Lifters
Weigh in: 10:15 Start: 12:15 Finish: 14:35	WOMEN 64KG B GROUP WOMEN 71KG B GROUP	14 Lifters
Weigh in: 12:50 Start: 14:50 Finish: 16:40	MEN 96KG B GROUP MEN 102 KG B GROUP	11 Lifters

ENGLAND CHAMPIONSHIPS 2023 Schedule SATURDAY 9 DECEMBER 2023 Green Platform		
Weigh in: 08:00 Start: 10:00 Finish: 11:30	M70,65,60,55,50 ALL BW CATEGORIES	9 Lifters
Weigh in: 09:45 Start: 11:45 Finish: 12:55	W65,60,55,50,45 ALL BW CATEGORIES	7 Lifters
Weigh in: 11:10 Start: 13:10 Finish: 14:50	M45,40 ALL BW CATEGORIES	10 Lifters

ENGLAND CHAMPIONSHIPS 2023

Schedule

SUNDAY 10 DECEMBER 2023

Red Platform

Weigh in: 07:30 Start: 09:30 Finish: 11:20	MEN 96KG A GROUP MEN 102KG A GROUP	11 Lifters
Weigh in: 09:35 Start: 11:35 Finish: 13:25	WOMEN 76KG A GROUP	11 Lifters
Weigh in: 11:40 Start: 13:40 Finish: 15:40	MEN 109KG A GROUP MEN +109KG A GROUP	12 Lifters
Weigh in: 13:55 Start: 15:55 Finish: 17:45	WOMEN 81KG A GROUP 87KG A GROUP WOMEN 87+KG A GROUP	11 Lifters

ENGLAND CHAMPIONSHIPS 2023 Schedule SUNDAY 10 DECEMBER 2023 Green Platform		
Weigh in: 08:00 Start: 10:00 Finish: 11:50	W 40 ALL BW CATEGORIES	11
Weigh in: 10:05 Start: 12:05 Finish: 13:55	M 35 ALL BW CATEGORIES	11
Weigh in: 12:10 Start: 14:10 Finish: 15:20	W35 ALL BW CATEGORIES	7