

**England Legacy Masters Championships and
Para-Powerlifting Open 2023
Saturday 17 June 2023**

Weigh in: 08.00 Start: 10.00 Finish: 11.20	M70, 65, 60, 55 All Bodyweights	8 Lifters
Weigh in: 09.30 Start: 11.30 Finish: 13:20	W60, 55, 50, 45 All Bodyweights	11 Lifters
Weigh in: 11:30 Start: 13:30 Finish: 15.20	M50, 45 All Bodyweights	11 Lifters
Weigh in: 13.30 Start: 15.30 Finish: 17:00	W40 All Bodyweights	9 Lifters
Weigh in: 15:10 Start: 17:10 Finish: 19:20	M40 all Bodyweights, M35 (67 to 81)	13 Lifters

**England Legacy Masters Championships and
Para-Powerlifting Open 2023
Sunday 18 June 2023**

Weigh in: 08.00 Start: 10.00 Finish: 12.10	M35 (89 to 109+)	13 Lifters
Weigh in: 10.20 Start: 12.20 Finish: 14.10	W35 All Bodyweights	11 Lifters
Kit check: 14.00 Start: 15.00 Finish: 15.45	Para-Powerlifting M All Bodyweights	7 Lifters
Kit check: 15.00 Start: 16.00 Finish: 16.30	Para-Powerlifting F All Bodyweights	5 Lifters

All start and finish times are subject to change