

**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 All Bodyweights	8 Lifters
Weigh in: 09.30 Start: 11.30 Finish: 13.00	W60, 55, 50 All Bodyweights	9 Lifters
Weigh in: 11.10 Start: 13.10 Finish: 15.00	M50, 45 All Bodyweights	11 Lifters
Weigh in: 13.10 Start: 15.10 Finish: 16.20	W45 All Bodyweights	7 Lifters
Weigh in: 14.30 Start: 16.30 Finish: 18.10	M40 all Bodyweights, M35 (67 to 81)	10 Lifters
Weigh in: 16.20 Start: 18.20 Finish: 20.10	W40 All Bodyweights	11 Lifters

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

Weigh in: 08.00 Start: 10.00 Finish: 12.00	M35 (89 to 109+)	12 Lifters
Weigh in: 10.10 Start: 12.10 Finish: 14.10	W35 All Bodyweights	12 Lifters
Weigh in: 13.00 & Kit Check Start: 15.00 Finish: TBC	Para-Powerlifting All Bodyweights	TBC Lifters

All start and finish times are subject to change