

## England Championships Seniors & Para powerlifting NEC Birmingham, 07 – 08 December 2024 Draft Schedule

**Saturday 7 December 2024**

RED PLATFORM				
Session	Start	Category	Group	Session Total
1	0910hrs	W55kg W59kg	B B	14
2	1145hrs	W45kg W49kg	A A	9
3	1330hrs	W55kg W59kg	A A	12
4	1545hrs	W64kg W71kg	B B	13
5	1810hrs	W64kg W71kg	A A	12
	End 2015hrs			

**Sunday 8 December 2024**

RED PLATFORM				
Session	Start	Category	Group	Session Total
6	0910hrs	W76kg W81kg	B B	10
7	1105hrs	W76kg W81kg	A A	11
8	1310hrs	W87kg	A	8
9	1445hrs	W87+kg	A	5
10	1615	W PARA -62KG W PARA +62KG	A A	9
	End 1745hrs			

**England Championships Seniors & Para powerlifting  
NEC Birmingham, 07 – 08 December 2024  
Draft Schedule**

**Saturday 7 December 2024**

<b>BLUE PLATFORM</b>				
<b>Session</b>	<b>Start</b>	<b>Category</b>	<b>Group</b>	<b>Session Total</b>
1	0900hrs	M67kg M73kg	B B	10
2	1055hrs	M61kg	A	5
3	1215hrs	M67kg M73kg	A A	9
4	1400hrs	M81kg M89kg	B B	12
5	1615hrs	M81kg M89kg	A A	12
6	1845hrs	M PARA -72kg M PARA +72kg	A A	10
	End 2015hrs			

**Sunday 8 December 2024**

<b>BLUE PLATFORM</b>				
<b>Session</b>	<b>Start</b>	<b>Category</b>	<b>Group</b>	<b>Session Total</b>
7	0900hrs	M96kg M102kg	B B	13
8	1125hrs	M 96kg M102kg	A A	12
9	1340hrs	M109kg	A	6
10	1500hrs	M109+kg	A	7
	End 1615hrs			

## England Championships Masters NEC Birmingham, 07 – 08 December 2024 Draft Schedule

**Saturday 7 December 2024**

GREEN PLATFORM				
Session	Start	Category	Group	Session Total
1	0920	M65 67kg-73kg, M60 81kg-102kg, M55 81kg-96kg, M50 73kg	A	12
2	1135	W55 55kg - 87+kg, W50 55kg-71kg, W45kg 59kg-87kg	A	11
3	1340	M50 81kg-96kg, M45 73kg, M40 73kg	A	10
4	1535	W40 49kg-71kg	A	12
5	1750	M45 81kg-109kg, M40 81kg-109kg	A	11
	End 1945			

**Sunday 8 December 2024**

GREEN PLATFORM				
Session	Start	Category	Group	Session Total
6	0920	W40 81-87+kg, W35 55kg-59kg	A	11
7	1125	M35 61kg-81kg	A	12
8	1340	W35 64kg-71kg	A	7
9	1505	M35 89kg-109+kg	A	6
10	1625	W35 76kg-87+kg	A	9
	End 1800			