

**BRITISH WEIGHT LIFTING
PARA POWERLIFTING OPEN
&
OLDBURY SPRING OPEN
SATURDAY 16th March 2024**

Weigh in: 09.00 Start: 10.00 Finish: 11.00	Oldbury Youth 10 lifters
Kit check: 11.00 Start: 12.00 Finish: 12.40	Para F 5 lifters
Kit check: 11.45 Start: 12.45 Finish: 13.30	Para M 4 lifters
Weigh in: 11.00 Start: 13.40 Finish: 14.40	Under 17 M/F 8 lifters
Weigh in: 11.00 Start: 14.50 Finish: 15.50	Women ALL 6 lifters
Weigh in: 12.00 Start: 16.00 Finish: 18.00	Men ALL 12 lifters

Each group timings are approximate and may change as the competition progresses. The Under 17 group will run at 1 minute per lift, Men and Women groups will run as per current BWL TCRR.