

<b>British Age Group Championships 5 October 2019</b>			
<b>Red Platform</b>		<b>Blue Platform</b>	
Weigh in: 0700 Start: 0900 Finish: 1020	Group 1 – Men 49-55kg	Weigh in: 0700 Start: 0900 Finish: 1125	Group 1 – Women 45-55kg
Weigh in: 0800 Start: 1030 Finish: 1220	Group 2 – Men 61kg	Weigh in: 0800 Start: 1135 Finish: 1335	Group 2 – Women 59kg
Weigh in: 0900 Start: 1230 Finish: 1430	Group 3 – Men 67kg	Weigh in: 0900 Start: 1345 Finish: 1545	Group 3 – Women 64kg
Weigh in: 1100 Start: 1440 Finish: 1640	Group 4 – Men 81kg	Weigh in: 1000 Start: 1555 Finish: 1700	Group 4 – Men 73kg
Weigh in: 1200 Start: 1650 Finish: 1840	Group 5 – Men 89kg	Weigh in: 1100 Start: 1710 Finish: 1910	Group 5 – Women 71kg
Weigh in: 1400 Start: 1850 Finish: 2115	Group 6 – Men 96-109+	Weigh in: 1200 Start: 1920 Finish: 2110	Group 6 – Women 76-87+kg

\*All finish and start times are subject to change on the day of the competition subject to the competition running speed.

#### Medal Ceremonies

All medal ceremonies will take place at the end of the category after the presentation of the next group. All medalist must remain in the warm up area until they have been presented, please be aware that medal ceremonies will not be delayed if a lifter is not present in the warm up room.

Based on feedback from other events, the competition will be stopped for medal ceremonies to take place. This means that a group may be paused mid-session in order for a medal ceremony to be completed. The competition organisers will give as much notice as possible for when pauses will be needed.

#### Athlete and Coach Identification

All coaches will require photographic ID to collect their accreditation.

All lifters will require proof of age as the competition is an age group event.