

# British Masters Championships 2019

Friday 7 June

Weigh in: 1330 Start: 1530 Finish: 1645	Group 1 – Men's Age Groups 8 – 3 9 Lifters
Weigh in: 1430 Start: 1655 Finish: 1800	Group 2 – Women's Age Groups 5 – 4 8 Lifters

# British Masters Championships 2019

## Saturday 8 June

Weigh in: 0700 Start: 0900 Finish: 1055	Group 3 – Men's Age Group 2; 55 – 81kg 7 Lifters
Weigh in: 0800 Start: 1105 Finish: 1215	Group 4 – Women's Age Group 3 7 Lifters
Weigh in: 0900 Start: 1225 Finish: 1330	Group 5 – Men's Age Group 2; 89 – 109kg+ 7 Lifters
Weigh in: 1000 Start: 1340 Finish: 1510	Group 6 – Women's Age Group 2 10 Lifters
Weigh in: 1100 Start: 1520 Finish: 1630	Group 7 – Men's Age Group 1; 55 – 81kg and 102 – 109kg+ 8 Lifters
Weigh in: 1300 Start: 1640 Finish: 1750	Group 8 – Women's Age Group 1; 45 – 59kg 8 Lifters
Weigh in: 1400 Start: 1800 Finish: 1920	Group 9 – Men's Age Group 1; 89 – 96kg 9 Lifters
Weigh in: 1500 Start: 1930 Finish: 2100	Group 10 – Women's Age Group 1; 64 – 87kg+ 10 Lifters

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

### **Masters Age Group Key**

Age Group 1	35-39
Age Group 2	40-44
Age Group 3	45-49
Age Group 4	50-54
Age Group 5	55-59
Age Group 6	60-64
Age Group 7	65-69
Age Group 8	70-74
Age Group 9	75-79
Age Group 10	80+

Age groups are calculated by the lifters age on 31 December 2019