

# British International Open and British Senior Championships 2019

Friday 7 June

\*Verification of Final Entries meeting

0900

Evening Session

Weigh in: 1330 Start: 1530 Finish: 1645	Group 1 – Women’s 45kg & 49kg
Weigh in: 1455 Start: 1655 Finish: 1800	Group 2 – Men’s 55kg & 61kg & 67kg
Weigh in: 1610 Start: 1810 Finish: 2010	Group 3 - Women’s 55kg
Weigh in: 1820 Start: 2020 Finish: 2200	Group 4 – Men’s 73kg

\*The Verification of Final Entries meeting is only open to team officials and coaches for athletes competing in the British International Open. It does not apply to lifters who have only entered the British Senior Championships.

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Saturday 8 June

Morning Session

Weigh in: 0630 Start: 0830 Finish: 1020	Group 5 – Women's 59kg
Weigh in: 0830 Start: 1030 Finish: 1220	Group 6 – Men's 81kg
Weigh in: 1030 Start: 1230 Finish: 1440	Group 7 – Women's 64kg
Weigh in: 1250 Start: 1450 Finish: 1600	Group 8 - Men's 89kg
<p>Evening Session</p>	
Weigh in: 1500 Start: 1700 Finish: 1840	Group 9 – Women's 71kg
Weigh in: 1650 Start: 1850 Finish: 2040	Group 10 – Men's 96kg
Weigh in: 1850 Start: 2050 Finish: 2230	Group 11 – Men's 102kg

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Sunday 9 June

Weigh in: 0700 Start: 0900 Finish: 1110	Group 12 – Women's 76kg
Weigh in: 0920 Start: 1120 Finish: 1300	Group 13 – Women's 81kg
Weigh in: 1110 Start: 1310 Finish: 1510	Group 14 – Men's 109kg
Weigh in: 1320 Start: 1520 Finish: 1720	Group 15 – Women's 87kg & +87kg
Weigh in: 1530 Start: 1730 Finish: 1840	Group 16 – Men's +109kg