

## British Open x Lift Me Up

**Newton Abbot, 31 August 2024**

### Final Schedule

<b>Red Platform</b>				
<b>Session</b>	<b>Weigh In</b>	<b>Start</b>	<b>Category</b>	<b>Session Total</b>
1	NA	9:15	Adaptive	3
2	8:15	10:15	M67-81	7
3	9:40	11:40	M89	9
4	11:25	13:25	M96-102	11
5	13:30	15:30	M109-109+	8
6	15:00	17:00	Youth U12/U15/U17	8

<b>Blue Platform</b>				
<b>Session</b>	<b>Weigh In</b>	<b>Start</b>	<b>Category</b>	<b>Session Total</b>
1	7:00	9:00	F49-59	10
2	8:55	10:55	F64	9
3	10:40	12:40	F71	12
4	12:55	14:55	F76-81	10
5	14:50	16:50	F87-87+	7