

# British Para Powerlifting Championships 2019

Sunday 9 June

Kit Check: 0725  
Weigh in: 0730 - 0800  
Start: 0930  
Finish: 1015

Group 1 – Men’s 49 – 65kg category

Kit Check: 0820  
Weigh in: 0825-0905  
Start: 1035  
Finish: 1140

Group 2 – Women all categories

Kit Check: 0945  
Weigh in: 0950-1030  
Start: 1200  
Finish: 1305

Group 3 – Men’s 72 – 107+kg category