



## **British Senior Championships Schedule Saturday 29 January 2022**

Weigh in: 07:00 Start: 09:00 Finish: 10:05	MEN 61kg	7 Lifters
Weigh in: 08:15 Start: 10:15 Finish: 11:20	WOMEN 49kg	7 Lifters
Weigh in: 09:30 Start: 11:30 Finish: 13:20	MEN 67kg	12 Lifters
Weigh in: 11:30 Start: 13:30 Finish: 14:40	WOMEN 55kg	8 Lifters
Weigh in: 12:50 Start: 14:50 Finish: 15:50	MEN 73kg	6 Lifters
Weigh in: 14:00 Start: 16:00 Finish: 17:05	WOMEN 59kg	7 Lifters
Weigh in: 15:15 Start: 17:15 Finish: 18:55	MEN 81/89kg	11 Lifters
Weigh in: 17:05 Start: 19:05 Finish: 20:40	WOMEN 64kg	11 Lifters

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



## **British Senior Championships Schedule Sunday 30 January 2022**

Weigh in: 08:00 Start: 10:00 Finish: 11:15	MEN 96kg	8 Lifters
Weigh in: 09:25 Start: 11:25 Finish: 12:55	WOMEN 71/81kg	12 Lifters
Weigh in: 11:05 Start: 13:05 Finish: 14:05	MEN 102kg	6 Lifters
Weigh in: 12:15 Start: 14:15 Finish: 15:45	WOMEN 76kg	10 Lifters
Weigh in: 13:55 Start: 15:55 Finish: 17:15	MEN 109kg	8 Lifters
Weigh in: 15:25 Start: 17:25 Finish: 18:55	WOMEN 87/87+	10 lifters
Weigh in: 17:05 Start: 19:05 Finish: 20:05	MEN 109+	6 Lifters

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