



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: 12:30	WOMEN 71kg	7 Lifters
Weigh in: 10:40 Start: 12:40 Finish: 13:40	MEN 102kg	6 Lifters
Weigh in: 11:50 Start: 13:50 Finish: 15:30	WOMEN 76/81kg	12 Lifters
Weigh in: 13:40 Start: 15:40 Finish: 17:05	MEN 109kg	8 Lifters
Weigh in: 15:05 Start: 17:05 Finish: 18:35	WOMEN 87/87+	10 lifters
Weigh in: 16:45 Start: 18:45 Finish: 19:45	MEN 109+	6 Lifters

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