

England Weightlifting Grand Prix	
Leisure Centre Schedule – Red Platform	
Saturday 02 November	
Weigh-in: 0700 Start time: 0900 Finish time: 1021	Group 1 – Men’s Masters Age Groups 8 – 4 8 Lifters
Weigh-in: 0800 Start time: 1033 Finish time: 1137	Group 2 – Women’s Masters Age Groups 5 – 4 5 Lifters
Weigh-in: 0900 Start time: 1149 Finish time: 1413	Group 3 – Girls Development 16 Lifters
Weigh-in: 1000 Start time: 1425 Finish time: 1546	Group 4 – Boys Development 9 Lifters
Weigh-in: 1400 Start time: 1600 Finish time: 1715	Group 5 – Men’s Para Powerlifting 10 Lifters
Weigh-in: 1545 Start time: 1745 Finish time: 1900	Group 6 – Women’s Para Powerlifting 8 Lifters

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

Masters Age Group Guide

Age Group	Age Range
1	35-39
2	40-44
3	45-49
4	50-54
5	55-59
6	60-64
7	65-69
8	70-74
9	75-79
10	80+

England Weightlifting Grand Prix	
Leisure Centre Schedule – Red Platform	
Sunday 03 November	
Weigh-in: 0700 Start time: 0900 Finish time: 1030	Group 7 – Women’s Masters Age Group 3 8 Lifters
Weigh-in: 0800 Start time: 1042 Finish time: 1230	Group 8 – Women’s Masters Age Group 1, 49 – 59kg and 81 – 87+kg 11 Lifters
Weigh-in: 0900 Start time: 1242 Finish time: 1439	Group 9 – Women’s Masters Age Group 1, 64 – 76kg 15 Lifters
Weigh-in: 1000 Start time: 1451 Finish time: 1612	Group 10 – Men’s Masters Age Group 1, 96 – 109+kg 7 Lifters

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