

England Weightlifting Championships

Auditorium Schedule

Saturday 19 January		Sunday 20 January	
Kit Check: 0700 Weigh in: 0700 Start: 0900 Finish: 0935	Group 1 – Men’s Para Powerlifting 6 Lifters	Weigh in: 0700 Start: 0900 Finish: 1010	Group 8 – Women’s 64kg A Group 8 Lifters
Kit Check: 0750 Weigh in: 0750 Start: 0950 Finish: 1025	Group 2 – Women’s Para Powerlifting 6 Lifters	Weigh in: 0800 Start: 1020 Finish: 1125	Group 9 – Women’s 45 – 49kg 7 Lifters
Weigh in: 0900 Start: 1100 Finish: 1305	Group 3 – Men’s 61 – 73kg 14 Lifters	Weigh in: 0900 Start: 1135 Finish: 1300	Group 10 – Women’s 71kg A Group 10 Lifters
Weigh in: 1000 Start: 1315 Finish: 1455	Group 4 – Women’s 55kg 11 Lifters	Weigh in: 1000 Start: 1310 Finish: 1515	Group 11 – Men’s 89kg 14 Lifters
Weigh in: 1100 Start: 1505 Finish: 1645	Group 5 – Women’s 59kg 11 Lifters	Weigh in: 1100 Start: 1525 Finish: 1630	Group 12 – Women’s 76kg 6 Lifters
Weigh in: 1200 Start: 1655 Finish: 1825	Group 6 – Men’s 81kg 10 Lifters	Weigh in: 1200 Start: 1640 Finish: 1855	Group 13 – Men’s 96 – +109kg 15 Lifters
Weigh in: 1300 Start: 1835 Finish: 2025	Group 7 – Women’s 81 – +87kg 12 Lifters		

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