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| England Weightlifting Grand Prix | |
| Leisure Centre Schedule – Blue Platform | |
| Sunday 03 November | |
| Weigh-in: 0700 Start time: 0900 Finish time: 1030 | Group 1 - Women's Masters Age Group 2 9 Lifters |
| Weigh-in: 0800 Start time: 1042 Finish time: 1145 | Group 2 – Men's Masters Age Group 3 6 Lifters |
| Weigh-in: 0900 Start time: 1157 Finish time: 1318 | Group 3 – Men's Masters Age Group 2, 73 – 89kg 10 Lifters |
| Weigh-in: 1000 Start time: 1330 Finish time: 1451 | Group 4 – Men's Masters Age Group 2, 96 – 109+ 10 Lifters |
| Weigh-in: 1100 Start time: 1503 Finish time: 1624 | Group 5 – Men's Masters Age Group 1, 61 – 89kg 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+ |