

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 10 Lifters
Weigh-in: 0800 Start time: 1042 Finish time: 1145	Group 2 – Men's Masters Age Group 3 7 Lifters
Weigh-in: 0900 Start time: 1157 Finish time: 1218	Group 3 – Men's Masters Age Group 2, 73 – 89kg 9 Lifters
Weigh-in: 1000 Start time: 1230 Finish time: 1351	Group 4 – Men's Masters Age Group 2, 96 – 109+ 9 Lifters
Weigh-in: 1100 Start time: 1403 Finish time: 1524	Group 5 – Men's Masters Age Group 1, 61 – 89kg 9 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+