

British International Open 2019

Friday 7 June

Verification of Final Entries Meeting

1200

Evening Session

Weigh in: 1500
Start: 1700
Finish: 1830

Group 1 – Men's 55kg & 61kg
5 Lifters

Weigh in: 1640
Start: 1840
Finish: 2010

Group 2 – Women's 45kg & 49kg
9 Lifters

Weigh in: 1920
Start: 2020
Finish: 2150

Group 3 – Men's 67kg
3 Lifters

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Saturday 8 June		Sunday 9 June	
Morning Session		Morning Session	
Weigh in: 0730 Start: 0930 Finish: 1100	Group 4 – Women’s 55kg 10 Lifters	Weigh in: 0730 Start: 0930 Finish: 1100	Group 11 – Men’s 96kg 9 Lifters
Weigh in: 0915 Start: 1115 Finish: 1245	Group 5 – Men’s 73kg 11 Lifters	Weigh in: 0915 Start: 1115 Finish: 1245	Group 12 – Men’s 102kg 8 Lifters
Weigh in: 1100 Start: 1300 Finish: 1430	Group 6 – Women’s 59kg 11 Lifters	Weigh in: 1100 Start: 1300 Finish: 1430	Group 13 – Women’s 76kg 10 Lifters
Weigh in: 1245 Start: 1445 Finish: 1615	Group 7 – Men’s 81kg 10 Lifters	Weigh in: 1245 Start: 1445 Finish: 1615	Group 14 – Women’s 81kg 5 Lifters
		Weigh in: 1430 Start: 1630 Finish: 1800	Group 15 – Women’s 87kg & +87kg 5, 3 Lifters
Evening Session		Weigh in: 1615 Start: 1815 Finish: 1945	Group 16 – Men’s 109kg 10 Lifters
Weigh in: 1515 Start: 1715 Finish: 1845	Group 8 -Women’s 64kg 11 Lifters		Group 17 – Men’s +109kg 5 Lifters
Weigh in: 1700 Start: 1900 Finish: 2030	Group 9 – Men’s 89kg 10 Lifters		
Weigh in: 1800 Start: 2045 Finish: 2215	Group 10 – Women’s 71kg 8 Lifters		

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