



OCEANIA & SOUTH PACIFIC SENIOR JUNIOR AND YOUTH WEIGHTLIFTING CHAMPIONSHIPS

In conjunction with the
OLYMPIC YOUTH QUALIFICATION CONTINENTAL EVENT

TIMETABLE

Monday 3 May 2010

Verification of entries - 17:00

Tuesday 4 May 2010

OWF Congress - 09:00

Opening Ceremony 17:00

Session 1 - Weigh in – 16:15 to 17:15 Starting 18:15 50kg & 56kg Men

Wednesday 5 May 2010

Session 2 - 10:00 Weigh in - 08:00 to 09:00 62kg Men

Session 3 - 12:30 Weigh in - 10:30 to 11:30 69kg Men

Session 4 - 15:00 Weigh in - 13:00 to 14:00 77kg Men

Session 5 - 17:30 Weigh in - 15:30 to 16.30 85kg Men

Thursday 6 May 2010

Session 6 - 10:00 Weigh in - 08:00 to 09:00 44kg, 48kg Women

Session 7 - 12:30 Weigh in - 10:30 to 11:30 53kg, 58kg Women

Session 8 - 15:00 Weigh in - 13:00 to 14:00 63kg, 69kg Women

Session 9 - 17:30 Weigh in - 15:30 to 16:30 75kg, 75+kg Women

Friday 7 May 2010

Session 10 - 10:00 Weigh in - 08:00 to 09:00 94kg Men

Session 11 - 12:30 Weigh in - 10:30 to 11:30 105kg Men

Session 12 - 15:00 Weigh in - 13:00 to 14:00 +105kg Men

Friday 7 May 2010

Closing Ceremony - 19.30

(Please note that this timetable is subject to change once all entries have been received)