

**36<sup>th</sup> MEN and 16<sup>th</sup> WOMEN**  
**WORLD JUNIOR**  
**WEIGHTLIFTING CHAMPIONSHIPS**

**11 - 20. 06. 2010 - SOFIA**

**COMPETITION SCHEDULE AND PROGRAM**

- 10:00 h 11.06.2010 Friday: Technical Committee Meeting  
 10:00 h 11.06.2010 Friday: Medical Committee Meeting  
 10:00 h 11.06.2010 Friday: Coaching and Research Committee Meeting
- 10:00 h 12.06.2010 Saturday: Executive Board Meeting  
 18:00 h 12.06.2010 Saturday: Verification of final entries
- 09:00 h 13.06.2010 Sunday: Registration of delegates  
 10:00 h 13.06.2010 Sunday: IWF Congress  
 16:00 h 13.06.2010 Sunday: IWF Technical Officials Meeting

TIME	CATEG / SEX	GROUP
<b>Monday, June - 14</b>		
10:00	48 WOMEN'S	B
13:00	56 MEN'S	B
15:00	<b>Opening ceremony</b>	
16:00	48 WOMEN'S	A
19:00	56 MEN'S	A
<b>Tuesday, June - 15</b>		
10:00	53 WOMEN'S	B
13:00	62 MEN'S	B
16:00	53 WOMEN'S	A
19:00	62 MEN'S	A
<b>Wednesday, June - 16</b>		
10:00	58 WOMEN'S	B
13:00	69 MEN'S	B
16:00	58 WOMEN'S	A
19:00	69 MEN'S	A
<b>Thursday, June - 17</b>		
10:00	63 WOMEN'S	B

13:00	77 MEN'S	B
16:00	63 WOMEN'S	A
19:00	77 MEN'S	A
<b>Friday, June - 18</b>		
10:00	69 WOMEN'S	B
13:00	85 MEN'S	B
16:00	69 WOMEN'S	A
19:00	85 MEN'S	A
<b>Saturday, June - 19</b>		
09:00	75 and +75 WOMEN'S	B
11:00	94 MEN'S	B
14:00	75 WOMEN'S	A
16:30	+75 WOMEN'S	A
19:30	94 MEN'S	A
<b>Sunday, June - 20</b>		
10:00	105 MEN'S, +105 MEN'S	B
13:00	105 MEN'S	A
16:00	+105 MEN'S	A
19:30	<b>CLOSING CEREMONY</b>	

**TIME SCHEDULE SUBJECT TO CHANGE FOLLOWING THE  
VERIFICATION OF FINAL ENTRIES.**