



2023 OCEANIA WEIGHTLIFTING CHAMPIONSHIPS (JUNIOR, YOUTH & UNDER 23)

Wednesday October 4 Technical Meeting, time TBA

FINAL TIMETABLE

Thursday October 5

Session 1 - 09:00	Y40kg , 49Kg, 55kg	Women	Jun.Youth. Un.23
Session 2 - 10.30	Y49kg & 55Kg	Men	Jun. Youth Un.23
Session 3 - 12:00noon	59Kg	Women	Jun. Youth Un.23
Session 4 - 14:00	61kg	Men	Jun. Youth Un.23
Session 5 - 16:00	64Kg	Women	Jun. Youth Un.23
Session 6 - 18:00	67Kg	Men	Jun. Youth Un.23

Friday October 6

Session 7 - 09:30	73kg	Men	Jun. Youth Un.23
Session 8 - 11:30	71kg	Women	Jun. Youth Un.23
Session 9 - 13:30	81kg	Men	Jun. Youth Un.23
Session 10 - 15:30	76Kg & 81Kg	Women	Jun. Youth Un.23
Session 11 - 17:30	89kg	Men	Jun. Youth Un.23

Saturday October 7

Session 12- 09:30	96Kg & 102Kg	Men	Jun. Un.23
Session 13 - 11:30	Y81+kg 87Kg & 87+Kg	Women	Jun. Youth, Un.23
Session 14 - 14:00	Y102+kg, 109Kg & 109+kg	Men	Jun. Youth Un.23