



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

Wednesday October 4 Technical Meeting, time TBA

### PRELIMINARY TIMETABLE

#### Thursday October 5

Session 1 - 09:00	Y40kg , 45kg 49Kg	Women	Jun.Youth. Un.23
Session 2 - 10:30	Y49kg & 55Kg	Men	Jun. Youth Un.23
Session 3 - 12:30	55Kg	Women	Jun. Youth Un.23
Session 4 - 14:30	61kg	Men	Jun. Youth Un.23
Session 5 - 16:30	59Kg	Women	Jun. Youth Un.23
Session 6 - 18:30	67Kg	Men	Jun. Youth Un.23

#### Friday October 6

Session 7 - 09:30	64Kg	Women	Jun. Youth Un.23
Session 8 - 11:30	73kg	Men	Jun. Youth Un.23
Session 9 - 13:30	71kg	Women	Jun. Youth Un.23
Session 10 - 15:30	81kg	Men	Jun. Youth Un.23
Session 11 - 17:30	76Kg & 81Kg	Women	Jun. Youth Un.23

#### Saturday October 7

Session 12 - 09:30	89kg	Men	Jun. Youth Un.23
Session 13 - 11:30	Y81+Kg, 87Kg 87+kg	Women	Jun. Youth Un.23
Session 14 - 13:30	96Kg & 102Kg	Men	Jun. Un.23
Session 15 - 15:30	Y102+kg, 109Kg & 109+kg	Men	Jun. Youth Un.23

PLEASE NOTE: The preliminary sessions may change after the final verification of entries. However the dates will not change.