2023 COMMONWEALTH WEIGHTLIFTING CHAMPIONSHIPS (SENIOR, JUNIOR & YOUTH)

MEETINGS

Tuesday July 11th

CWF Congress	TIME and Place TBA
Technical Meeting	TIME and Place TBA

Tuesday July 11th

Opening Ceremony	TIME and Place TBA

PRELIMINARY TIMETABLE

Wednesday July 12

Session 1 - 10:00	Y40kg & 45kg	Women	Sen. Jun.Youth
Session 2 - 12:30	49Kg	Women	Sen. Jun. Youth
Session 3 - 15:00	Y49kg & 55Kg	Men	Sen. Jun. Youth
Session 4 - 17:30	55Kg	Women	Sen. Jun. Youth

Thursday July 13

Session 5 – 10:00	61kg	Men	Sen. Jun. Youth
Session 6 - 12:30	59Kg	Women	Sen. Jun. Youth
Session 7 - 15:00	67kg	Men	Sen. Jun. Youth
Session 8 - 17:30	64Kg	Women	Sen. Jun. Youth

Friday July 14

Session 9 - 10:00	73kg	Men	Sen. Jun. Youth
Session 10 – 12.30	71kg	Women	Sen. Jun. Youth
Session 11 - 15:30	81Kg	Men	Sen. Jun. Youth
Session 12 - 17:30	76kg	Women	Sen. Jun. Youth

Saturday July 15

Session 13 - 10:00	89kg	Men	Sen. Jun. Youth
Session 14 – 12:30	96kg	Men	Sen. Jun. Youth
Session 15 - 15:00	81Kg & +81Kg Y	Women	Sen. Jun. Youth
Session 16 - 17.30	102kg & +102Kg Y	Men	Sen. Jun. Youth

Sunday July 16

Session 17 - 09:00	87kg	Women	Sen. Jun.
Session 18 - 11:00	109Kg	Men	Sen. Jun.
Session 19 - 13:00	87+kg	Women	Sen. Jun.
Session 20 - 15:00	109+kg	Men	Sen. Jun.

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