



TIMETABLE

Sunday 24 November 2013

Verification of entries: Vestana Hotel at 09:00

CWF Technical meeting: Vestana Hotel at 10:00

Commonwealth Weightlifting Federation Congress: Vestana Hotel at 10:30

Opening Ceremony and gala dinner : Vestana Hotel ballroom at 19:30

Monday 25 November

Session 1 - 09:00	Weigh-in 07:00 to 08:00	50Kg & 56kg B Group - Men
Session 2 - 10:30	Weigh-in 08:30 to 09:30	35 to 44 Age Group - Women's Masters
Session 3 - 12:30	Weigh-in 10:30 to 11:30	45 to 54 Age Group - Women's Masters
Session 4 - 14:30	Weigh-in 12:30 to 13:30	55 to 74 Age Group - Women's Masters
Session 5 - 16:00	Weigh-in 14:00 to 15:00	75 to 79 Age Group - Men's Masters
Session 6 - 18:00	Weigh-in 16:00 to 17:00	56 Kg Category A Group - Men

Tuesday 26 November

Session 7 - 09:00	Weigh-in 07:00 to 08:00	62kg B Group - Men
Session 8 - 10:30	Weigh-in 08:30 to 09:30	44Kg & 48Kg A Group - Women
Session 9 - 13:00	Weigh-in 11:00 to 12:00	53Kg A Group - Women
Session 10 - 15:30	Weigh-in 13:30 to 14:30	62Kg A Group - Men
Session 11 - 18:00	Weigh-in 16:00 to 17:00	58Kg A Group - Women

Wednesday 27 November

Session 12 - 09:00	Weigh-in 07:00 to 08:00	69Kg B Group - Men
Session 13 - 10:30	Weigh-in 08:30 to 09:30	60 to 69 Age Group- Men's Masters
Session 14 - 13:00	Weigh-in 10:30 to 11:30	50 to 59 Age Group- Men's Masters
Session 15 - 15:30	Weigh-in 12:30 to 13:30	45- to 49 Age Group- Men's Masters
Session 16 - 18:00	Weigh-in 16:30 to 17:30	69 Kg Category A Group -Men

Thursday 28, November

Session 17 - 09:00	Weigh-in 07:00 to 08:00	77kg B Group - Men
Session 18 - 10:30	Weigh-in 08:30 to 09:30	63Kg A Group - Women
Session 19 - 13:00	Weigh-in 11:00 to 12:00	77Kg A Group - Men
Session 20 - 15:30	Weigh-in 13:30 to 14:30	69kg A Group- Women
Session 21 - 18:00	Weigh-in 16:30 to 17:30	75Kg A Group - Women

Friday 29, November

Session 22 - 09:00	Weigh-in 07:00 to 08:00	85Kg B Group - Men
Session 23 - 10:30	Weigh-in 08:30 to 09:30	40 to 44 Age Group- Men's Masters
Session 24 - 12:30	Weigh-in 10:30 to 11:30	35 to 39 Age Group Men's Masters
Session 25 - 14:30	Weigh-in 12:30 to 13:30	85kg A Group -Men
Session 26 - 17:00	Weigh-in 15:00 to 16:00	94Kg A Group- Men

Saturday 30, November

Session 27 - 10:00	Weigh-in 08:00 to 09:00	75+Kg A group- Women
Session 28 - 12:00	Weigh-in 11:00 to 12:00	105Kg A Group- Men
Session 29 - 14:00	Weigh-in 12:00 to 13:00	+105kg A Group- Men

Saturday 30, November

Closing Function and awards presentation - Vestana Hotel at 19:00

(Please note that this timetable is subject to minor changes once all entries have been received at the verification of entries)