



**DAILY COMPETITION SCHEDULE
PARA POWERLIFTING**



TRAINING

Wednesday, 3 Oct 2018 - Thursday, 11 Oct 2018

08.30 - 18.30

1:30 / team

Training

COMPETITION DAY 1

Sunday, 7 Oct 2018

Session 1

10.10 - 11.05

Equipment/Kit Check Women's Up to 41kg

Equipment/Kit Check Women's Up to 45kg

10.15 - 11.15

Weigh-in Women's Up to 41kg

Weigh-in Women's Up to 45kg

12.00 - 12.40

Competition Women's Up to 41kg

12.40 - 13.30

Competition Women's Up to 45kg

13.35 - 13.45

Victory Ceremony Women's Up to 41kg & Women's Up to 45kg

Session 2

13.05 - 14.05

Equipment/Kit Check Men's Up to 49kg

13.10 - 14.15

Weigh-in Men's Up to 49kg

15.00 - 16.35

Competition Men's Up to 49kg

16.40 - 16.45

Victory Ceremony Men's Up to 49kg

COMPETITION DAY 2

Monday, 8 Oct 2018

Session 3

10.35 - 11.05

Equipment/Kit Check Men's Up to 54kg

10.40 - 11.15

Weigh-in Men's Up to 54kg

12.00 - 12.55

Competition Men's Up to 54kg

13.00 - 13.05

Victory Ceremony Men's Up to 54kg

Session 4

13.10 - 14.05

Equipment/Kit Check Women's Up to 50kg

13.10 - 14.00

Equipment/Kit Check Women's Up to 55kg

13.15 - 14.15

Weigh-in Women's Up to 50kg

Weigh-in Women's Up to 55kg

15.00 - 15.40

Competition Women's Up to 50kg

15.40 - 16.35

Competition Women's Up to 55kg

16.40 - 16.50

Victory Ceremony Women's Up to 50kg & Women's Up to 55kg

Session 5

16.00 - 16.35

Equipment/Kit Check Men's Up to 59kg

16.05 - 16.45

Weigh-in Men's Up to 59kg

17.30 - 18.30

Competition Men's Up to 59kg

18.35 - 18.40

Victory Ceremony Men's Up to 59kg

COMPETITION DAY 3

Tuesday, 9 Oct 2018

Session 6

10.30 - 11.05

Equipment/Kit Check Men's Up to 65kg

10.35 - 11.15

Weigh-in Men's Up to 65kg

12.00 - 13.05

Competition Men's Up to 65kg

13.10 - 13.15

Victory Ceremony Men's Up to 65kg

Session 7

13.05 - 14.05

Equipment/Kit Check Women's Up to 61kg

Equipment/Kit Check Women's Up to 67kg

13.10 - 14.15

Weigh-in Women's Up to 61kg

Weigh-in Women's Up to 67kg

15.00 - 15.40

Competition Women's Up to 61kg

15.40 - 16.25

Competition Women's Up to 67kg

16.30 - 16.40

Victory Ceremony Women's Up to 61kg & Women's Up to 67kg

Session 8

15.30 - 16.35

Equipment/Kit Check Men's Up to 72kg

15.35 - 16.45

Weigh-in Men's Up to 72kg

17.30 - 18.40

Competition Men's Up to 72kg

18.45 - 18.50

Victory Ceremony Men's Up to 72kg

COMPETITION DAY 4

Wednesday, 10 Oct 2018

Session 9

10.10 - 11.05	Equipment/Kit Check Women's Up to 73kg Equipment/Kit Check Women's Up to 79kg
10.15 - 11.15	Weigh-in Women's Up to 73kg Weigh-in Women's Up to 79kg
12.00 - 12.40	Competition Women's Up to 73kg
12.40 - 13.30	Competition Women's Up to 79kg
13.35 - 13.45	Victory Ceremony Women's Up to 73kg & Women's Up to 79kg

Session 10

13.20 - 14.05	Equipment/Kit Check Men's Up to 80kg
13.25 - 14.15	Weigh-in Men's Up to 80kg
15.00 - 16.10	Competition Men's Up to 80kg
16.15 - 16.20	Victory Ceremony Men's Up to 80kg

COMPETITION DAY 5

Thursday, 11 Oct 2018

Session 11

10.05 - 11.05	Equipment/Kit Check Women's Up to 86kg Equipment/Kit Check Women's Over 86kg
10.10 - 11.15	Weigh-in Women's Up to 86kg Weigh-in Women's Over 86kg
12.00 - 12.40	Competition Women's Up to 86kg
12.40 - 13.20	Competition Women's Over 86kg
13.25 - 13.35	Victory Ceremony Women's Up to 86kg & Women's Over 86kg

Session 12

13.00 - 14.05	Equipment/Kit Check Men's Up to 88kg
13.05 - 14.15	Weigh-in Men's Up to 88kg
15.00 - 16.40	Competition Men's Up to 88kg
16.45 - 16.50	Victory Ceremony Men's Up to 88kg

COMPETITION DAY 6

Friday, 12 Oct 2018

Session 13

10.35 - 11.05	Equipment/Kit Check Men's Up to 97kg
10.40 - 11.15	Weigh-in Men's Up to 97kg

12.00 - 13.15	Competition Men's Up to 97kg
13.20 - 13.25	Victory Ceremony Men's Up to 97kg
Session 14	
13.10 - 14.05	Equipment/Kit Check Men's Up to 107kg
13.15 - 14.15	Weigh-in Men's Up to 107kg
15.00 - 16.05	Competition Men's Up to 107kg
16.10 - 16.15	Victory Ceremony Men's Up to 107kg
Session 15	
15.35 - 16.05	Equipment/Kit Check Men's Over 107kg
15.40 - 16.15	Weigh-in Men's Over 107kg
17.00 - 17.45	Competition Men's Over 107kg
17.50 - 18.00	Victory Ceremony Men's Over 107kg