



Established 1920

2025 OCEANIA JUNIOR AND YOUTH WEIGHTLIFTING CHAMPIONSHIPS

HAWTHORN- MELBOURNE APRIL 11

FINAL TIMETABLE

Friday April 11

Session 1 - starts 09:00	Women – 44kg, 48kg, 53kg	Weigh/in 07:00 to 08:00
Session 2 – starts 10:30	Men 56kg, 60kg, 65kg	Weigh/in 08:30 to 09:30
Session 3 - starts 12 noon	Women 58kg, 63kg	Weigh/in 10:00 to 11:00
Session 4 - starts 14:00	Men 71kg, 79kg	Weigh/in 12:00 to 13:00
Session 5 - starts 16:00	Women 77kg to 86+kg	Weigh/in 14:00 to 15:00
Session 6 - starts 18:00	Men 88kg to 110+kg	Weigh/in 16:00 to 17:00