

Bench Press - 29/09/2024 (Sunday)

Flight	Category	Event Starting Hour	Weight in Starting hour*
A	Women - all categories	10:30	Saturday 10:30
B	Men - 60, 67.5, 75 kg	11:00	Saturday 11:00
C	Men - 82.5, 90 kg	12:00	Saturday 12:00
D	Men - 100, 110, 125 kg	13:00	Saturday 13:00

*Participants cannot be weight-in more than 24 hours before their flight and less than 2 hours before the start of the flight

Deadlift - 29/09/2024 (Sunday)

Flight	Category	Event Starting Hour	Weight in Starting hour*
A	Women - all categories	14:30	Saturday 10:30
B	Men - 60, 67.5, 75 kg	15:00	Saturday 11:00
C	Men - 82.5, 90 kg	16:00	Saturday 12:00
D	Men - 100, 110, 125 kg	17:00	Saturday 13:00

*Participants cannot be weight-in more than 24 hours before their flight and less than 2 hours before the start of the flight

Awards Ceremony Bench Press & Deadlift	18:00
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