

Sunday 01/12/2024

Flight	Category	Event Starting Hour	Weight in Starting hour*
A	Women all categories	9:00	Saturday 9:00
B	Men - 67.5, 75, 82.5 (Group 1)	9:30	Saturday 9:30
C	Men - 82.5 (Group 2), 90	12:30	Saturday 12:30
D	Men - 100, 110	13:00	Saturday 13:00
F	Men - 125	16:30	Saturday 16:30
Elite	Elite Flight	17:00	Saturday 17:00
Biceps	Men - All categories	19:30	Sunday 9:00
*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			20:30