

Day 1 - Saturday 27/04/2024

Flight	Category	Event Starting Hour	Weight in Starting hour*
A	Women all categories	10:00	Friday 12:00
B	Men - 75	10:30	Friday 12:00
C	Men - 62,5, 82.5 (group 1)	13:30	Friday 13:00
D	Men - 82.5 (group 2)	14:00	Friday 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 Women			17:00

Day 2 - Sunday 28/04/2024

Flight	Category	Event Starting Hour	Weight in Starting hour*
E	Men - 90	10:00	Saturday 10:00
F	Men - 100	10:45	Saturday 11:00
G	Men - 110, 125, 140	13:30	Saturday 13:00
Elite	Elite Flight	14:15	Saturday 14:00
Biceps	Men - All categories	17:00	Saturday 17:00
*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 Men			18:00