

Australian Master's Games

Powerlifting Lifting Schedule

Date: Saturday 7th October

Venue: ATHLETIC COMPOUND

60 David Terrace, Kilkenny, SA, 5509

Session 1: Weigh - in 07:30 – 09:00

Session	Flight	Category	Start Time
1	1	Women M3, M2, M1 all CLASSIC and Equipped 3 Lift	09:30
		Women M3 Push/Pull	
		Men M3 Push/Pull	
	2	Men M3, M2, M1 all CLASSIC 3 Lift	
		Men all Special Olympics	

Session 2: Weigh - in 12:00 – 13:30

Session	Flight	Category	Start Time
2	1	Women M3, M1 CLASSIC Bench only	14:00
		Women M3, M2 Equipped Bench only	
		Women M3 Deadlift only	
		Men M3 Bench only	
		Men M3 Deadlift only	