

**Friday November 30, 2012**

<b>SESSION</b>	<b>GENDER</b>	<b>CATEGORY</b>	<b>Q-TOTAL</b>	<b>WEIGH IN</b>	<b>LIFT</b>
1	WOMEN	YWC Trials – See 8 <sup>th</sup> page of this entry for details		6:00 AM	8:00 AM
2	MEN	YWC Trials - See 8 <sup>th</sup> page of this entry for details		8:00 AM	10:00 AM
3	MEN	56B/62B/69B/77B KG	144/180/216/247 KG	10:00 AM	12:00 PM
4	WOMEN	48B/53B/58B/63B KG	90/118/129/140 KG	12:00 PM	2:00 PM
5	MEN	85B/94B/105B/105+B KG	260/277/288/290 KG	2:00 PM	4:00 PM
6	WOMEN	69B/75B/75+B KG	145/150/160 KG	4:00 PM	6:00 PM

**Saturday December 1, 2012**

<b>SESSION</b>	<b>GENDER</b>	<b>CATEGORY</b>	<b>A CUTOFF TOTAL</b>	<b>WEIGH IN</b>	<b>LIFT</b>
7	MEN	56A/62AKG	150/193 KG	7:00 AM	9:00 AM
8	WOMEN	48A/53A KG	100/140 KG	9:30 AM	11:30 AM
9	MEN	69A/77A KG	237/255 KG	12:00 PM	2:00 PM
10	MEN	85A/94A KG	282/296 KG	3:00 PM	5:00 PM

**Sunday December 2, 2012**

<b>SESSION</b>	<b>GENDER</b>	<b>CATEGORY</b>	<b>A CUTOFF-TOTAL</b>	<b>WEIGH IN</b>	<b>LIFT</b>
11	WOMEN	58A/63A KG	144/157 KG	7:00 AM	9:00 AM
12	WOMEN	69A/75A KG	165/166 KG	9:30 AM	11:30 PM
13	WOMEN	75+A KG	169 KG	12:00 PM	2:00 PM
14	MEN	105A/105+A KG 7/7	298/323 KG	2:00 AM	4:00 PM