

Friday				
Session	Women's	Men's	Weigh	Lift
1	53B		6.00A	8.00A
2		62B, 69B, 77B	8.00A	10.00A
3	58B, 63B		10.30A	12.30P
4		85B	1.00P	3.00P
5	69B, 75B, 75+B		3.00P	5.00P
6		105B, 105+B	5.30P	7.30P
Saturday				
7	48A/53A		8.00A	10.00A
8		56A/62A	10.30A	12.30P
9	58A		12.30P	2.30P
10		69A	2.30P	4.30P
11	63A		4.30P	6.30P
12		77A	6.30P	8.30P
Sunday				
13	69A		8.00a	10.00A
14		85A	10.00a	12.00P
15		94A	12.00P	2.00P
16	75A/75+A		2.00P	4.00P
17		105A/105+A	4.30P	6.30p