

PHOENIX CUP 2016

Harrow School
Sunday, 4th December 2016

PROGRAMME FOR PHOENIX CUP WEIGHTLIFTING COMPETITION

ORDER OF LIFTING

Group	Age Group Bodyweight Category	Weigh in Times	Start Time	End Time	Number of Lifters	Time, mins
1	Men	07:30	09:30	11:10	11	99
2	Women	08:00	11:25	12:50	9	82
3	Men	11:00	13:00	14:35	10	90
4	Women	11:30	14:45	16:20	10	90
5	Men	11:00	16:40	18:10	10	90

subject to review

Notes:

- (1) This is a draft programme and may change after the Technical Meeting on Saturday, 03 December.
- (2) **The timings may change due to withdrawals and this may occur up to the close of weigh in period. In the likely event of this happening, then all times will be brought forward. For example, if three lifters drop out of Group 1 then Group 2 will start at 11.00 hrs and so on throughout all groups.**
- (3) There will be a ten (10) minutes break between each group.
- (4) There will be No break between snatch and Clean & Jerk
- (5) Award ceremony for youth, Junior and senior Male and Female will be straight after last group.
Every lifter who are going to stay to the end of competition, will receive gift bag.
- (6) Team award and best lifters award will be presented at the banquet between 8pm at Sunrise Hotel.