

2011 AMERICAN OPEN WEIGHTLIFTING CHAMPIONSHIPS TENTATIVE TIME SCHEDULE OF COMPETITION

Daily weigh-in and lifting schedule is subject to change. Only weigh-in and lifting times may be changed, not dates. Any changes will be announced at the Technical Meeting following the Verification of Final Entries. If a lifter fails to make weight, he or she will not be allowed to participate in the event. THERE WILL BE NO EXTRA LIFTERS. This will be a one-platform competition.

FRIDAY DECEMBER 2

SESSION	GENDER	CATEGORY	Q-TOTAL	WEIGH IN	LIFT
1	MEN	56 kg	141 kg	7:00 AM	9:00 AM
2	WOMEN	48 kg	88 kg	9:00 AM	11:00 AM
3	MEN	62 kg	178 kg	11:00 AM	1:00 PM
4	WOMEN	53 kg	114 kg	1:00 PM	3:00 PM
5	MEN	69 kg	212 kg	3:00 PM	5:00 PM
6	WOMEN	58 kg	128 kg	5:00 PM	7:00 PM

SATURDAY DECEMBER 3

SESSION	GENDER	CATEGORY	Q-TOTAL	WEIGH IN	LIFT
7	WOMEN	63 kg	138 kg	7:00 AM	9:00 AM
8	MEN	77 kg	243 kg	9:00 AM	11:00 PM
9	WOMEN	69 kg	142 kg	11:00 PM	1:00 PM
10	MEN	85 kg	259 kg	1:00 PM	3:00 PM
11	MEN	94 kg	269 kg	3:00 PM	5:00 PM

SUNDAY DECEMBER 4

SESSION	GENDER	CATEGORY	Q-TOTAL	WEIGH IN	LIFT
13	WOMEN	75kg	147 kg	8:00 AM	10:00 AM
14	MEN	105 kg	284 kg	10:00 AM	12:00 PM
15	WOMEN	+75 kg	158 kg	12:00 PM	2:00 PM
16	MEN	+105 kg	285 kg	2:00 PM	4:00 PM