

Preliminary Time Table (Modified)
2019 JAPAN-CHINA-KOREA
INTERNATIONAL FRIENDSHIP WEIGHTLIFTING TOURNAMENT
& READY STEADY TOKYO - Weightlifting
6-7 July 2019, Tokyo, Japan

3 July		Arrival of Delegations
4 July		Training
	16:00	Verification of Final Entries
5 July		Training
	16:00	Technical Officials' Meeting
6 July	9:30	Women 45kg, 49kg, 55kg
	12:00	Men 55kg, 61kg, 67kg
	14:30	Women 59kg, 64kg
	17:00	Women 71kg, 76kg, 81kg
	19:30	Men 73kg, 81kg
7 July	9:30	Men 89kg, 96kg, 102kg
	11:15	Men 109kg
	14:00	Men +109kg
	16:00	Women 87kg, +87kg
	20:00	Closing Banquet
8 July		Training / Sightseeing (Only for JPN / CHN / KOR)
9 July		Departure of Delegation

Please note that the competition schedule is subject to changes.