



## 2023 PACIFIC GAMES & OCEANIA WEIGHTLIFTING CHAMPIONSHIPS Honiara -Solomon Islands, November 20-24

### COMPETITION TIMETABLE

#### Sunday November 19

Start List and Technical Meeting 09.00am . Place TBA  
OWF Annual General Meeting 11:00am. Place TBA

#### Monday November 20

Session 1 - 10:00	45Kg 49Kg	Women	Weigh/in 08:00 to 09:00
Session 2 - 12:30	55Kg	Men	Weigh/in 10:30 to 11:30
Session 3 - 15:00	55Kg	Women	Weigh/in 13:00 to 14:00
Session 4 - 17:30	61Kg	Men	Weigh/in 15:30 to 16:30

#### Tuesday November 21

Session 5 - 10:00	67Kg	Men	Weigh/in 08:00 to 09:00
Session 6 - 12:30	59Kg	Women	Weigh/in 10:30 to 11:30
Session 7 - 15:00	73Kg	Men	Weigh/in 13:00 to 14:00
Session 8 - 17:30	64Kg	Women	Weigh/in 15:30 to 16:30

#### Wednesday November 22

Session 9 - 10:00	81Kg	Men	Weigh/in 08:00 to 09:00
Session 10 - 12:30	71Kg	Women	Weigh/in 10:30 to 11:30
Session 11 - 15:00	89Kg	Men	Weigh/in 13:00 to 14:00
Session 12 - 17:30	76Kg	Women	Weigh/in 15:30 to 16:30

#### Thursday November 23

Session 13 - 10:00	96Kg	Men	Weigh/in 08:00 to 09:00
Session 14 - 12:30	81Kg	Women	Weigh/in 10:30 to 11:30
Session 15 - 15:00	102Kg	Men	Weigh/in 13:00 to 14:00
Session 16 - 17:30	87Kg	Women	Weigh/in 15:30 to 16:30

#### Friday November 24

Session 17 - 08:00	109Kg	Men	Weigh/in 06:00 to 07:00
Session 18 - 10:30	87+Kg	Women	Weigh/in 08:30 to 09:30
Session 19 - 12:30	109+Kg	Men	Weigh/in 10:30 to 11:30