



PRELIMINARY TIMETABLE

2016 COMMONWEALTH SENIOR & JUNIOR CHAMPIONSHIPS **Penang - Malaysia, October 25-29**

Monday Oct. 24

Verification of entries TBA	Time 18:00
Executive Board Meeting (Equatorial Hotel)	Time 20:00

Tuesday Oct. 25

CWF Congress (Equatorial Hotel)	Time 09:00
Technical Meeting (Equatorial Hotel)	Time 17:30
Opening Ceremony and Dinner (Equatorial Hotel)	Time 19:00

Wednesday Oct. 26

Session 1 - 10:00	Weigh in - 08:00 to 09:00	48Kg Women
Session 2 - 12:30	Weigh in - 10:30 to 11:30	56Kg Men
Session 3 - 15:00	Weigh in - 13:00 to 14:00	53Kg Women
Session 4 - 17:30	Weigh in - 15:30 to 16:30	62Kg Men

Thursday Oct.27

Session 5 - 10:00	Weigh in - 08:00 to 09:00	69Kg Men
Session 6 - 12:30	Weigh in - 10:30 to 11:30	58Kg Women
Session 7 - 15:00	Weigh in - 13:00 to 14:00	77Kg Men
Session 8 - 17:30	Weigh in - 15:30 to 16:30	63Kg Women

Friday Oct.28

Session 9 - 10:00	Weigh in - 08:00 to 09:00	69Kg Women
Session 10 - 12:30	Weigh in - 10:30 to 11:30	85Kg Men
Session 11 - 15:00	Weigh in - 13:00 to 14:00	75Kg Women
Session 12 - 17:30	Weigh in - 15:30 to 16:30	94Kg Men

Saturday Oct.29

Session 13 - 10:00	Weigh in - 08:00 to 09:00	105Kg Men
Session 14 - 12:30	Weigh in - 10:30 to 11:30	+75Kg Women
Session 15 - 15:00	Weigh in - 13:00 to 14:00	+105Kg Men
Closing Ceremony at 19:00		

