



# Australian & Oceania Masters Weightlifting Championships, Pacific Rim Masters Tournament and Masters World Cup



Date/Time	Activity	Details	
<b>Thursday 26 October 2017</b>			
15:00 to 18:00	Registration	Mantra on View Hotel	
16:00 to 17:00	Verification of Final Entries	Mantra on View Hotel	
17:00 to 18:00	Technical Meeting	Mantra on View Hotel	
<b>Friday 27 October 2017</b>			
07:00 to 17:00	Registration	Mantra on View Hotel	
07:00 to 08:00	Breakfast talk	Nutrition Matters for Masters	
09:00 (weigh in 07:00 to 08:00)	Session 1 - Platform A	M80+, M75-79	ALL
09:00 (weigh in 07:00 to 08:00)	Session 1 - Platform B	M70-74	ALL
11:00 (weigh in 09:00 to 10:00)	Session 2 - Platform A	W70+, W65-69	ALL
11:00 (weigh in 09:00 to 10:00)	Session 2 - Platform B	W60-64	ALL
13:30 (weigh in 11:30 to 12:30)	Session 3 - Platform A	M65-69	ALL
13:30 (weigh in 11:30 to 12:30)	Session 3 - Platform B	M60-64	ALL
16:30 (weigh in 14:30 to 15:30)	Session 4 - Platform A	W55-59	W48, W53, W58, W63
16:30 (weigh in 14:30 to 15:30)	Session 4 - Platform B	W55-59	W69, W75, W90, W90+
18:30 to 19:00	Opening Ceremony	Mantra on View Hotel	
<b>Saturday 28 October 2017</b>			
07:00 to 17:00	Registration	Mantra on View Hotel	
07:00 to 08:00	Breakfast talk	Fluid Needs + The Effect of Acute Illness	
08:00 (weigh in 06:00 to 07:00)	Session 5 - Platform A	M55-59	M56, M62, M69, M77, M85
08:00 (weigh in 06:00 to 07:00)	Session 5 - Platform B	M55-59	M94, M105, M105+
10:30 (weigh in 08:30 to 09:30)	Session 6 - Platform A	W50-54	W48, W53, W58, W63
10:30 (weigh in 08:30 to 09:30)	Session 6 - Platform B	W50-54	W69, W75, W90, W90+
13:30 (weigh in 11:30 to 12:30)	Session 7 - Platform A	M50-54	M56, M62, M69, M77, M85
13:30 (weigh in 11:30 to 12:30)	Session 7 - Platform B	M50-54	M94, M105, M105+
16:00 (weigh in 14:00 to 15:00)	Session 8 - Platform A	W45-49	W48, W53, W58, W63
16:00 (weigh in 14:00 to 15:00)	Session 8 - Platform B	W45-49	W69, W75, W90, W90+
18:30 to 19:30	Meeting of Nations	Mantra on View Hotel	
<b>Sunday 29 October 2017</b>			
07:00 to 08:00	Breakfast talk	Knowing Your Physical Limitations	
08:00 (weigh in 06:00 to 07:00)	Session 9 - Platform A	W40-44	W48, W53, W58, W63
08:00 (weigh in 06:00 to 07:00)	Session 9 - Platform B	W40-44	W69, W75, W90, W90+
11:30 (weigh in 09:30 to 10:30)	Session 10 - Platform A	M45-49	M56, M62, M69, M77, M85
11:30 (weigh in 09:30 to 10:30)	Session 10 - Platform B	M45-49	M94, M105, M105+
14:30 (weigh in 12:30 to 13:30)	Session 11 - Platform A	M40-44	M56, M62, M69, M77, M85
14:30 (weigh in 12:30 to 13:30)	Session 11 - Platform B	M40-44	M94, M105, M105+
<b>Monday 30 October 2017</b>			
08:00 (weigh in 06:00 to 07:00)	Session 12 - Platform A	W35-39	W48, W53, W58, W63
08:00 (weigh in 06:00 to 07:00)	Session 12 - Platform B	W35-39	W69, W75, W90, W90+
11:00 (weigh in 9:00 to 10:00)	Session 13 - Platform A	M35-39	M56, M62, M69, M77
11:00 (weigh in 9:00 to 10:00)	Session 13 - Platform B	M35-39	M85, M94
14:00 (weigh in 12:00 to 13:00)	Session 14 - Platform A	M35-39	M105, M105+
17:30 to 18:00	Drinks	Mantra on View Hotel	
18:00 to 22:30	Gala Dinner	Mantra on View Hotel	

