

2009 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. Changes, if needed, will be announced at the TECHNICAL MEETING on THURSDAY, December 10th, 7:30 – 8:00 P.M. local time. 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.

*In some instances, once a session is completed, awards will not be given out until after introductions for the next session have been completed. **It is possible, that for all three (3) days of competition, sessions with 10 or more lifters will have a 5 minute break. Sessions with 9 or fewer lifters will have a 10 minute break between the snatch and clean & jerk competition.**

FRIDAY DECEMBER 11th, 2009

SESSION	GENDER	CATEGORY	Q-TOTAL	WEIGH IN	LIFT
1	WOMEN	48/53 KG	90/112 kg	8:00 AM	10:00 AM
2	MEN	56/62 KG	147/182 kg	10:30 AM	12:30 PM
3	WOMEN	58 KG	130 kg	1:00 PM	3:00 PM
4	MEN	69 KG	210 kg	3:00 PM	5:00 PM
5	WOMEN	63 KG	137 kg	5:00 PM	7:00 PM

SATURDAY DECEMBER 12th, 2009

SESSION	GENDER	CATEGORY	Q-TOTAL	WEIGH IN	LIFT
6	MEN	77 KG	235 kg	8:00 AM	10:00 AM
7	WOMEN	69 KG	142 kg	11:00 AM	1:00 PM
8	MEN	85 KG	255 kg	1:00 PM	3:00 PM
9	WOMEN	75 KG	150 kg	3:00 PM	5:00 PM
10	MEN	94 KG	260 kg	5:00 PM	7:00 PM

SUNDAY DECEMBER 13th, 2009

SESSION	GENDER	CATEGORY	Q-TOTAL	WEIGH IN	LIFT
11	WOMEN	75+ KG	157 kg	8:00 AM	10:00 AM
12	MEN	105 KG	287 kg	12:00 PM	2:00 PM
13	MEN	105+ KG	288 kg	2:00 PM	4:00 PM