



Established 1920

2025 OCEANIA CUP INVITATION INTERNATIONAL WEIGHTLIFTING TOURNAMENT

HAWTHORN- MELBOURNE APRIL 12-13

FINAL COMPETITION TIMETABLE

Saturday 12 April

Session 1 - starts at 09:00	MEN	Weigh/in 07:00 to 08:00
Session 2 - starts at 11:00	WOMEN	Weigh/in 09:00 to 10:00
Session 3 - starts at 13:30	MEN	Weigh/in 11:30 to 12:30

Oceania Junior/Youth session 69kg category

starts at 16:00	WOMEN	Weigh/in 14:00 to 15:00
Session 4 - starts at 17:00	MEN	Weigh/in 15:00 to 16:00

SUNDAY 13 April

Session 5 – start at 09:00	WOMEN	Weigh/in 07:00 to 08:00
Session 6 - starts at 11:30	MEN	Weigh/in 09:30 to 10:30
Session 7 - starts at 14:00	WOMEN	Weigh/in 12:00 to 13:00
Session 8 - starts at 16:30	MEN	Weigh/in 14:30 to 15:30

PLEASE NOTE:

- Presentation of lifters at this International event will be 10 minutes before the start of each session. In other words if the competition starts at 10am then the presentation of lifters will be at 09:50am
- Also please note because of the large number of lifters competing we will have only 5 minutes between the snatch & the clean& jerk.
- I ask please that all Victorian and interstate lifters wear their own club weightlifting suits or state weightlifting suits. Please do not wear Australian weightlifting suits. In this event you represent your club.
- As we have a large number of lifters in the sessions, the warm up room at Hawthorn only has six platforms. Therefore, I would appreciate if only the coach plus one more assistant is in the warm up room with the lifter.