



	Sunday 9th	Monday 10th	Tuesday 11th	Wednesday 12th	Thursday 13th	Friday 14th	Saturday 15th
Session 1		Women 47-52kg	Women 57-63kg	Women 72kg	Women 84-84+kg	Men 105kg	
<i>Weigh in Lift</i>		11h00-12h30 13h00	11h00-12h30 13h00	11h00-12h30 13h00	11h00-12h30 13h00	11h00-12h30 13h00	
SA lifters		12h00 - Opening CEREMONY	Megan Leighton		Lezaan Jordaan	Terence Bosman	
<i>Coaches</i>			<i>Rod</i>		<i>Henk</i>	<i>Henk</i>	
		Rouxchelle Roux			Megan Brook-Sofianos	Rinus Bezuidenhout	
		<i>Vicki & Hannie</i>			<i>Adrian</i>	<i>Vicki & Hannie</i>	
					Kay-Lee Steyn		
					<i>Vicki & Esmay</i>		
<i>(refs / jury)</i>		<i>(ref Megan - Cat2 exam)</i>	<i>(ref - Esmay) (jury - Hannie)</i>	<i>(ref - Megan) (jury - Hannie)</i>	<i>(ref - Megan) (jury - Hannie)</i>	<i>(ref - Johan) (jury - Hannie)</i>	
Session 2		Men 59-66kg	Men 74kg	Men 83kg	Men 93kg	Men 120-120+kg	
<i>Weigh in Lift</i>		14h00-15h30 16h00	14h00-15h30 16h00	14h00-15h30 16h00	14h00-15h30 16h00	14h00-15h30 16h00	
SA lifters		Marcel Vorster			Elfranco Holder	Francois Maritz	
<i>Coaches</i>		<i>Francois</i>				<i>Marcel</i>	
<i>(refs / jury)</i>		<i>(ref Megan - Cat2 exam)</i>	<i>(ref Johan - Cat2 exam) (jury-Heinrich)</i>	<i>(ref Cliff - Cat 1 exam) (jury - Hannie, Heinrich)</i>	<i>(ref - Heinrich) (Jury - Hannie)</i>	<i>(ref - Heinrich) (Jury - Hannie)</i>	
	20h00 - Technical Meeting						17h00 - Farewell Banquet