

Saturday 02 December										
OPENING CEREMONY 16:30 to 17:30 hrs										
Day 1 Session	Gender	Category	Number of lifters	Group Division	Equipment Kit Check	Weigh-in		Athletes Presentation	Competition	
						Start	Finish		Start	Finish
1	W	Up to 86kg	6	B	16:25 hrs	16:30 hrs	18:00 hrs	18:15 hrs	18:30 hrs	19:06 hrs
			7	A					19:06 hrs	19:45 hrs
1 Medal Ceremony Up to 86kg (G,S,B) at 19:50 to 19:55 hrs										
2	M	Up to 107kg	10	B	18:25	18:30 hrs	20:00 hrs	20:15 hrs	20:30 hrs	21:30 hrs
			10	A					21:30 hrs	22:30 hrs
1 Medal Ceremony Up to 107kg (G,S,B) at 22:35 to 22:40 hrs										

Sunday 3 December										
Day 2 Session	Gender	Category	Number of lifters	Group Division	Equipment Kit Check	Weigh-in		Athletes Presentation	Competition	
						Start	Finish		Start	Finish
1	W	Up to 41kg	8	A	8:55	9:00	10:30	10:45	11:00 hrs	11:48 hrs
			1 Medal Ceremony Up to 41kg (G,S,B) at 11:50 to 11:55 hrs							
2	M	Up to 59kg	9	C	10:30	10:35	12:05	12:15 hrs	12:35 hrs	13:29 hrs
			9	B					13:29 hrs	14:23 hrs
			9	A					14:23 hrs	15:25 hrs
1 Medal Ceremony Up to 59kg (G,S,B) at 15:30 to 15:35 hrs										
3	W	Up to 55kg	8	B	14:10 hrs	14:15 hrs	15:45 hrs	16:00 hrs	16:15 hrs	17:03 hrs
			8	A					17:03 hrs	17:55 hrs
1 Medal Ceremony Up to 55kg (G,S,B) at 18:00 to 18:05 hrs										

Monday 04 December										
Day 3 Session	Gender	Category	Number of lifters	Group Division	Equipment Kit Check	Weigh-in		Athletes Presentation	Competition	
						Start	Finish		Start	Finish
1	W	Up to 45kg	7	B	10:55 hrs	11:00 hrs	12:30 hrs	12:45 hrs	13:00 hrs	13:42 hrs
			8	A					13:42 hrs	14:35 hrs
1 Medal Ceremony Up to 45kg (G,S,B) at 14:40 to 14:45 hrs										
2	M	Up to 49kg	9	B	13:10 hrs	13:15 hrs	14:45 hrs	15:00 hrs	15:15 hrs	16:09 hrs
			10	A					16:09 hrs	17:10 hrs
1 Medal Ceremony Up to 49kg (G,S,B) at 17:15 to 17:20 hrs										
3	M	Up to 72kg	8	C	15:55 hrs	16:00 hrs	17:30 hrs	17:45 hrs	18:00 hrs	18:48 hrs
			8	B					18:48 hrs	19:36 hrs
			8	A					19:36 hrs	20:25 hrs
1 Medal Ceremony Up to 72kg (G,S,B) at 20:30 to 20:35 hrs										

Tuesday 05 December										
Day 4 Session	Gender	Category	Number of lifters	Group Division	Equipment Kit Check	Weigh-in		Athletes Presentation	Competition	
						Start	Finish		Start	Finish
1	W	Up to 50kg	9	B	10:55 hrs	11:00 hrs	12:30 hrs	12:45 hrs	13:00 hrs	13:54 hrs
			9	A					13:54 hrs	14:50 hrs
1 Medal Ceremony Up to 50kg (G,S,B) at 14:55 to 15:00 hrs										
2	W	Up to 61kg	5	B	13:25 hrs	13:30 hrs	15:00 hrs	15:15 hrs	15:30 hrs	16:00 hrs
			6	A					16:00 hrs	16:40 hrs
1 Medal Ceremony Up to 61kg (G,S,B) at 16:45 to 16:50 hrs										
3	M	Up to 80kg	8	C	15:25 hrs	15:30 hrs	17:00 hrs	17:15 hrs	17:30 hrs	18:18 hrs
			8	B					18:18 hrs	19:06 hrs
			9	A					19:06 hrs	20:00 hrs
1 Medal Ceremony Up to 88kg (G,S,B) at 20:05 to 20:10 hrs										

Wednesday 06 December										
Day 5 Session	Gender	Category	Number of lifters	Group Division	Equipment Kit Check	Weigh-in		Athletes Presentation	Competition	
						Start	Finish		Start	Finish
1	W	Up to 67kg	5	B	10:55 hrs	11:00 hrs	12:30 hrs	12:45 hrs	13:00 hrs	13:30 hrs
			6	A					13:30 hrs	14:10 hrs

1 Medal Ceremony Up to 67kg (G,S,B) at 14:15 to 14:20 hrs										
2	W	Up to 73kg	6	B	12:50 hrs	13:00 hrs	14:30 hrs	14:45 hrs	15:00 hrs	15:36 hrs
			6	A					15:36 hrs	16:15 hrs
1 Medal Ceremony Up to 73kg (G,S,B) at 16:20 to 16:25 hrs										
3	M	Up to 88kg	9	C	14:55 hrs	13:00 hrs	16:30 hrs	16:45 hrs	17:00 hrs	17:54 hrs
			9	B					17:54 hrs	18:48 hrs
			9	A					18:48 hrs	19:45 hrs
1 Medal Ceremony Up to 88kg (G,S,B) at 19:50 to 19:55 hrs										

Thursday 07 December										
Day 6	Gender	Category	Number of lifters	Group Division	Equipment Kit Check	Weigh-in		Athletes Presentation	Competition	
Session						Start	Finish		Start	Finish
1	W	Up to 79kg	6	A	08:55 hrs	09:00 hrs	10:30 hrs	10:45 hrs	11:00 hrs	11:40 hrs
			1 Medal Ceremony Up to 79kg (G,S,B) at 11:45 to 11:50 hrs							
2	M	Up to 54kg	9	B	10:25 hrs	10:30 hrs	12:00 hrs	12:15 hrs	12:30 hrs	13:24 hrs
			10	A					13:24 hrs	14:25 hrs
1 Medal Ceremony Up to 54kg (G,S,B) at 14:30 to 14:35hrs										
3	M	Up to 97kg	7	C	13:10 hrs	13:15 hrs	14:45 hrs	15:00 hrs	15:15 hrs	15:57 hrs
			8	B					15:57 hrs	16:45 hrs
			8	A					16:45 hrs	17:35 hrs
1 Medal Ceremony Up to 97kg (G,S,B) at 17:40 to 17:45 hrs										
4	M	Over 107kg	7	B	16:25 hrs	16:30 hrs	18:00 hrs	18:15 hrs	18:30 hrs	19:12 hrs
			8	A					19:12 hrs	20:00 hrs
1 Medal Ceremony Over 107kg (G,S,B) at 20:05 to 20:10 hrs										

Friday 08 December										
Day 7	Gender	Category	Number of lifters	Group Division	Equipment Kit Check	Weigh-in		Athletes Presentation	Competition	
Session						Start	Finish		Start	Finish
1	W	Over 86kg	5	B	7:55 hrs	08:00 hrs	09:30 hrs	09:45 hrs	10:00 hrs	10:30 hrs
			6	A					10:30 hrs	11:10 hrs
1 Medal Ceremony Over 86kg (G,S,B) at 11:15 to 11:20 hrs										
2	M	Up to 65kg	7	C	09:55 hrs	10:00 hrs	11:30 hrs	11:45 hrs	12:00 hrs	12:42 hrs
			7	B					12:42 hrs	13:24 hrs
			8	A					13:24 hrs	14:15 hrs
1 Medal Ceremony Up to 65kg (G,S,B) at 14:20 to 14:25 hrs										
CLOSING CEREMONY at 15:00 hrs										