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Affiliated with
 International Weightlifting Federation
 Commonwealth Weightlifting Federation
 Oceania Weightlifting Federation

Member of
 Australian Olympic Committee
 Australian Commonwealth
 Games Association

Supported by the Australian Sports Commission

**Australian U16 Tournament, Australian Youth & Junior Championships
 Launceston, Tasmania, 18 – 20 September 2009**

PROGRAM OF EVENTS

Date	Event	Start	Location
17 Sept	Verification of Final Entries	1930hrs	Competition Venue

Date	Event	Weigh in	Start	Approx. Lifters
18 Sept	Men 'C'	0930 – 1030hrs	1130hrs	8
18 Sept	Men 'B'	1100 – 1200hrs	1300hrs	8
18 Sept	Women 'All'	1230 – 1330hrs	1430hrs	12
18 Sept	Men 'A'	1500 – 1600hrs	1700hrs	8
18 Sept	Senior Invitational	1700 – 1800hrs	1900hrs	6

Senior Invitational

Vivian Lee, Jacquie White, Belinda van Tienen, Vannara Be, Ben Turner and David Sarkisian have been invited to compete at the Senior Invitational as an opportunity to qualify for the Commonwealth and/or World Championships.

Date	Event	Weigh in	Start	Approx. Lifters
19 Sept	Men 56kg, 62kg & 69kg	0900 – 1000hrs	1100hrs	7
19 Sept	Women – all	1100 – 1200hrs	1300hrs	8
19 Sept	Men 77kg	1300 – 1400hrs	1500hrs	7

Date	Event	Weigh in	Start	Approx. Lifters
20 Sept	Men 85kg, 94kg, 105kg & +105kg	1000 – 1100hrs	1200hrs	7