



FINAL TIMETABLE

2016 Oceania Senior, Junior & Youth Weightlifting Championships **Qualification Event for the Games of the XXXI Olympiad in Rio de Janeiro in 2016** **Suva - Fiji, May 23-28 ,2016**

Sunday May 22

Oceania Regional Technical Seminar

09:30 to 17:00 Tanoa Plaza Hotel- Suva

Monday May 23

Oceania Regional Technical Seminar

Verification of entries

OWF Executive Board Meeting

09:30 to 15:00 Tanoa Plaza Hotel- Suva

18:00 Vodafone Arena- Suva

21:00 ONOC Board room

Tuesday May 24

OWF Annual Congress

IWF Anti Doping Seminar

Technical Meeting

Opening Ceremony

Session 1 - 19:00

Weigh in - 17:00 to 18:00

09:00 Mayoral Chambers -Suva

14:00 Mayoral Chambers- Suva

15:00 Mayoral Chambers- Suva

17:30 Vodafone Arena- Suva

50Kg & 56kg Men

Wednesday May 25

Session 2 - 10:00

Weigh in - 08:00 to 09:00

44Kg & 48kg Women

Session 3 - 12:00

Weigh in - 10:00 to 11:00

53Kg Women

Session 4 - 14:00

Weigh in - 12:00 to 13:00

62kg Men

Session 5 - 16:30

Weigh in - 14:30 to 15:30

58 Kg Women

Thursday May 26

Session 6 - 10:00

Weigh in - 08:00 to 09:00

63kg Women

Session 7 - 12:30

Weigh in - 10:30 to 11:30

69kg Men

Session 8 - 15:00

Weigh in - 13:00 to 14:00

69kg Women

Session 9 - 17:30

Weigh in - 15:30 to 16:30

77kg Men

Friday May 27

Session 10 - 10:00

Weigh in - 08:00 to 09:00

85kg Men

Session 11 - 12:30

Weigh in - 10:30 to 11:30

94kg Men

Session 12 - 15:00

Weigh in - 13:00 to 14:00

75kg Women

Session 13 - 17:30

Weigh in - 15:30 to 16:30

105Kg Men

Saturday May 28

Session 14 - 10:00

Weigh in - 08:00 to 09:00

+75Kg Women

Session 15 - 12:30

Weigh in - 10:30 to 11:30

+105kg Men

Closing cocktail function: 19:00

- **Please note the weigh-in times on May the 25th.**
- **Kindly note also that the +69Kg for women and the +94 Kg for men will be decided**

by the IWF at the verification meeting as to which session they will be included in.