

Ontario Classic Provincial Championship

Flight Time Schedule

Friday, November 28th

Bench Only - All Classes

Weigh In

6:30 AM

Lifting Starts

8:30 AM

OPENING CEREMONIES

10:00 AM

Women 52 kg & 57 kg Class AND

Men 59 kg & 66 kg Class

8:30 AM

10:30 AM

Men 74 kg Class

1:00 PM

3:00 PM

Men 83 kg Class

4:00 PM

6:00 PM

Saturday, November 29th

Weigh In

Lifting Starts

Women 63 kg and 72 kg Class

6:30 AM

8:30 AM

Men 93 kg Class

12:00 PM

2:00 PM

Men 105 kg Class

3:00 PM

5:00 PM

Sunday, November 30th

Weigh In

Lifting Starts

Women 84 kg & 84+ kg Class AND

Men 120 kg - 120+ kg Class

9:00 AM

11:00 AM