

		FINAL SCHEDULE					Update (12-10-2023)	
		Masters Weightlifting Mediterranean - International Open Athens 2023						
		02-03-04-05 NOVEMBER 2023						
Wednesday 01 NOVEMBER 2023			16:00-20:00 Accreditation		COMPETITION VENUE Address: Nikolaou & Petroiri corner, Markopoulo Mesogaia 19003			
DAY 1	SESSION	WEIGHT-IN	START TIME	AGE CATEGORY	BODY CATEGORY	NUMBER OF ATHLETE		
Thursday 02 November 2023	WOMEN 1	7:00-8:00	9:00	W50 - W55 - W65	ALL	10		
	MEN 1	9:00-10:00	11:00	M65 - M70 - M75 - M80 - M85	ALL	12		
	13:00 - 14:30 LUNCH BREAK & TRAINING HOURS							
	WOMEN 2	12:30-13:30	14:30	W45	ALL	7		
	MEN 3	14:00-15:00	16:00	M55	ALL	10		
	MEN 4	16:00-17:00	18:00	M50	73kg - 81kg - 89kg	8		
	MEN 5	17:30-18:30	19:30	M50	96kg - 102kg - 109kg - +109kg	8		
DAY 2	SESSION	WEIGHT-IN	START TIME	AGE CATEGORY	BODY CATEGORY	NUMBER OF ATHLETE		
Friday 03 November 2023	MEN 2	7:00-8:00	9:00	M60	ALL	10		
	MEN 6	9:00-10:00	11:00	M45	55kg - 61kg - 67kg - 73kg	6		
	MEN 7	10:30-11:30	12:30	M45	81kg - 89kg - 96kg	13		
	14:30 - 16:30 LUNCH BREAK & TRAINING HOURS							
	MEN 8	14:30-15:30	16:30	M40	67kg - 73kg - 81kg	6		
	MEN 9	16:00-17:00	18:00	M40	89kg - 96kg	11		
DAY 3	SESSION	WEIGHT-IN	START TIME	AGE CATEGORY	BODY CATEGORY	NUMBER OF ATHLETE		
Saturday 04 November 2023	WOMEN 3	7:00-8:00	9:00	W40	ALL	9		
	WOMEN 4	8:30-9:30	10:30	W35	ALL	9		
	MEN 10	10:30-11:30	12:30	M40	102kg - 109kg - +109kg	10		
	14:00 - 15:30 LUNCH BREAK & TRAINING HOURS							
	MEN 11	13:30-14:30	15:30	M35	67kg - 73kg - 81kg	9		
	MEN 12	15:30-16:30	17:30	M35	89kg - 96kg - 102kg	11		
	MEN 13	17:00-18:00	19:00	M35	109kg - +109kg	10		
DAY 4	SESSION	WEIGHT-IN	START TIME	AGE CATEGORY	BODY CATEGORY	NUMBER OF ATHLETE		
Sunday 05 November 2023	WOMEN 5	7:00-8:00	9:00	W30	ALL	8		
	MEN 14	8:30-9:30	10:30	M30	67kg - 81kg	9		
	MEN 15	10:00-11:00	12:00	M30	89kg - 96kg - 102kg	13		
	19:00 Closing banquet					SINDETIRAS RESTAURANT Address: Georgiou Papavasileiou 15, Markopoulo Mesogaia 19003		