

2019 ASIAN WEIGHTLIFTING CHAMPIONSHIPS, NINGBO CHINA

Agenda

Date	Time	Arrangement	Location
17 th Apr.	All Day	Arrival	Pan Pacific Hotel
18 th Apr.	10:00-12:00	AWF Committee Meeting	Lotus, Jasmine, Lily Ballroom I, Landison Plaza Hotel Ningbo
	15:00	AWF Executive Board Meeting	Lily Ballroom, Landison Plaza Hotel Ningbo
	19:00	Verification of the Final Entries	Lily Ballroom, Landison Plaza Hotel Ningbo
19 th Apr.	09:00	Registration for AWF Congress	Lily Ballroom, Landison Plaza Hotel Ningbo
	10:00	AWF Congress	
	16:00-18:00	Anti-Doping and Coaching Seminar	Lily Ballroom, Landison Plaza Hotel Ningbo
	19:00	Technical Officials' Meeting	
20 th Apr.	10:00	Men 55/61kg Group B	Ningbo Youngor Gymnasium
	13:00	Women 45kg/49kg Group B	
	16:00	Opening Ceremony	
	18:30	Men 55kg Group A	
	20:30	Men 61kg Group A	
21 st Apr.	10:00	Men 67kg Group C	Ningbo Youngor Gymnasium
	13:00	Men 67kg Group B	
	15:30	Women 45kg Group A	
	18:30	Men 67kg Group A	
	20:30	Women 49kg Group A	
22 nd Apr.	10:00	Men 73kg/81kg Group C	Ningbo Youngor Gymnasium
	13:00	Women 55kg Group B	
	15:30	Men 73kg Group B	
	18:30	Women 55kg Group A	
	20:30	Men 73kg Group A	
23 rd Apr.	10:00	Women 59kg/64kg Group C	Ningbo Youngor Gymnasium
	13:00	Men 81kg Group B	
	15:30	Women 59kg Group B	

	18:30	Men 81kg Group A	
	20:30	Women 59kg Group A	
24 th Apr.	10:00	Men 89kg/96kg Group C	Ningbo Youngor Gymnasium
	13:00	Women 64kg Group B	
	15:30	Men 89kg Group B	
	18:30	Women 64kg Group A	
	20:30	Men 89kg Group A	
25 th Apr.	10:00	Women 71kg/76kg Group C	Ningbo Youngor Gymnasium
	13:00	Men 96kg Group B	
	15:30	Women 71kg Group B	
	18:30	Men 96kg Group A	
	20:30	Women 71kg Group A	
26 th Apr.	10:00	Men 102kg/109kg Group C	Ningbo Youngor Gymnasium
	13:00	Women 76kg/81kg Group B	
	15:30	Men 102kg Group B	
	18:30	Women 76kg Group A	
	20:30	Men 102kg Group A	
27 th Apr.	10:00	Women 87kg / +87kg Group B	Ningbo Youngor Gymnasium
	13:00	Men 109kg Group B	
	15:30	Women 81kg Group A	
	18:30	Men 109kg Group A	
	20:30	Women 87kg Group A	
28 th Apr.	10:00	Men +109 kg Group B	Ningbo Youngor Gymnasium
	13:00	Women +87kg Group A	
	15:00	Men +109 kg Group A	
	19:00	Closing Ceremony	Pan Pacific Hotel
29 th Apr.	All day	Departure	

*Please note that the competition program is subject to changes depending on the entries.