

**2019 California State Games
Weightlifting Schedule**

Friday July 12

Session 1

Master Women

Age Group 35-39, 40-44, 45-49

All weight classes

Weigh in 7AM Lift 9AM

Session 2

Master Women

Age Groups 50-54, 55-59, 65-69

All weight classes

Weigh in 9AM. Lift 11AM

Session 3

Master Men

Age Groups 35-39, 40-44

All weight classes

Weigh in 11AM. Lift 1PM

Session 4

Master Men

Age Groups 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 80+

All weight classes

Weigh in 1PM. Lift 3PM

Saturday July 14

Session 5

School Age / Junior Boys

All Weight classes

Weigh in 7AM. Lift 9AM

Session 6

School Age / Junior Girls

All weight classes

Weigh in 9AM. Lift 11AM

Session 7

Open Women

Weight Classes 45 - 64 kg

Weigh in 11AM. Lift 1PM

Session 8

Open Men

Weight Classes 55- 81 kg.

Weigh in 1PM. Lift 3PM

Session 9

Open Men

Weight Classes 89-96 kg

Weigh in 3PM. Lift 5PM

Session 10

Open Women

Weight Classes 71 - +87 kg

Weigh in 5PM. Lift 7PM

Sunday July 15

Session 11

Open Men

Weight Classes 102- +109kg

Weigh in 8AM. Lift 10AM