



Sydney 2009 World Masters Games
10-18 October

Sydney 2009 World Masters Games
2009 International Weightlifting Federation Masters World Championship
Sydney Olympic Park, Sydney, Australia – 10th - 17th October, 2009
Venue - Southee Pavilion

9th October, Friday

Technical Meeting - 19:00 hrs (Venue)

IWF Masters World Championship Opening Ceremony - 2000 hrs (Venue)

	Session	Weigh in	Start	End	Nbr of lifters	Age Group	Weight Categories
October 10, 2009	1	7:00	9:00	11:00	13	M80, M75	M80 All, M75 56, 62, 69
	2	9:30	11:30	14:00	16	W65, W60	All
	3	12:30	14:30	16:30	12	M75	77, 85, 94, 105, 105+
	4	15:00	17:00	19:00	14	W55, W50	All
	5	17:30	19:30	21:00	11	M70	56, 62
October 11, 2009	6	7:00	9:00	11:30	15	W45	all
	7	10:00	12:00	14:00	12	W40	all
	8	12:30	14:30	16:00	10	W35	all
Sydney 2009 World Masters Games Opening Ceremony 1830 hrs							
October 12, 2009	9	7:00	9:00	11:00	12	M70	69, 77
	10	9:30	11:30	14:00	14	M70	85, 94, 105, 105+
	11	12:30	14:30	17:00	16	M65	56, 62, 69
	12	15:30	17:30	19:15	14	M65	77, 85
	13	17:45	19:45	21:45	12	M65	94, 105, 105+

October 13, 2009	14	7:00	9:00	11:00	11	M60	56, 62, 69
	15	9:30	11:30	13:30	13	M60	77
	16	12:00	14:00	17:30	20	M60	85, 94, 105, 105+
	17	16:00	18:00	20:30	14	M55	56, 62, 69

October 14, 2009	18	7:00	9:00	11:15	14	M55	77, 85
	19	9:45	11:45	13:45	12	M55	94, 105, 105+
	20	12:15	14:15	16:00	11	M50	56, 62, 69
	21	14:30	16:30	18:15	10	M50	77
		1830				IWF Masters Congress	

October 15, 2009	22	7:00	9:00	11:00	11	M50	94
	23	9:30	11:30	14:00	15	M50	85, 105, 105+
	24	12:30	14:30	16:45	14	M45	56, 62, 69
	25	15:15	17:15	19:45	15	M45	77, 85
	26	18:15	20:15	22:00	11	M45	105

October 16, 2009	27	7:00	9:00	10:30	7	M45	94, 105+
	28	9:00	11:00	13:30	15	M40	56, 62, 69, 77
	29	12:00	14:00	16:30	14	M40	85, 94
	30	15:00	17:00	19:30	14	M40	105, 105+
	31	18:00	20:00	22:30	16	M35	56, 62, 69

October 17, 2009	32	7:00	9:00	11:30	15	M35	77, 85
	33	10:00	12:00	14:00	12	M35	94
	34	12:30	14:30	17:30	17	M35	105, 105+
		18:00				Hall of fame/ 400 Club	
		19:00				IWF Masters Awards - Banquet	