

Joe Dube Weightlifting Classic Final Lifting Schedule

Saturday October 20, 2007

Eastern Standard Time

Session	Gender	Category	Lifters	Weigh In	Lift
1	M	56	10	7:00 a.m.	9:00 a.m.
2	F	48 / 53	7	8:30 a.m.	10:30 a.m.
3	M	62	12	10:00 a.m.	12:00 p.m.
4	M	69	15	12:00 p.m.	2:00 p.m.
5	F	58 / 63	13	2:00 p.m.	4:00 p.m.
6	M	77	12	4:00 p.m.	6:00 p.m.

Sunday October 21, 2007

Eastern Standard Time

Session	Gender	Category	Lifters	Weigh In	Lift
7	M	85 / 94	13	8:00 a.m.	10:00 a.m.
8	F	69 / 75 / 75+	9	10:00 a.m.	12:00 p.m.
9	M	105 / 105+	13	12:00 p.m.	2:00 p.m.