

**2009 South Pacific Mini Games, Weightlifting
Rarotonga, Cook Islands**

PROGRAM OF EVENTS

Date	Event	Start	Location
28 Sept	Verification of Final Entries	1000hrs	Competition Venue

Date	Event	Weigh in	Start	Lifters
29 Sept	Men 56kg	1015 – 1115hrs	1215hrs	5
29 Sept	Women 58kg & 63kg	1230 – 1330hrs	1430hrs	2 / 2
29 Sept	Men 62kg	1445 – 1545hrs	1645hrs	4

Date	Event	Weigh in	Start	Lifters
30 Sept	Men 69kg	0800 – 0900hrs	1000hrs	6
30 Sept	Men 77kg	1015 – 1115hrs	1215hrs	8
30 Sept	Women 69kg & 75kg	1230 – 1330hrs	1430hrs	3 / 3
30 Sept	Men 85kg	1445 – 1545hrs	1645hrs	6

Date	Event	Weigh in	Start	Lifters
31 Sept	Men 94kg	0800 – 0900hrs	1000hrs	8
31 Sept	Men 105kg	1015 – 1115hrs	1215hrs	8
31 Sept	Women +75kg	1230 – 1330hrs	1430hrs	4
31 Sept	Men +105kg	1445 – 1545hrs	1645hrs	6