

2021 Canadian Senior Championships

Final Competition Schedule - as of July 5

Schedule subject to change after Final Verification Meeting July 8, 2021

ALL TIMES ARE EASTERN DAYLIGHT TIME (EDT)

Date	Group	Session	Weigh in	Start Time	End Time	Athletes	Notes
Friday	7/9/2021 F1	F59 B	12:30 PM	2:30 PM	3:55 PM	7	10 min break
Friday	7/9/2021 M1	M89 B	2:15 PM	4:15 PM	6:03 PM	10	no break bw sn/cj
Friday	7/9/2021 F2	F71 C	4:15 PM	6:15 PM	8:03 PM	10	no break bw sn/cj
Saturday	7/10/2021 M2	M55 - M67	8:00 AM	10:00 AM	11:25 AM	7	1 athlete in BC (5:00am weigh in), 10 min break
Saturday	7/10/2021 F3	F49/F55	9:45 AM	11:45 AM	1:33 PM	10	no break bw sn/cj
Saturday	7/10/2021 M3	M73 + M81B	11:45 AM	1:45 PM	3:54 PM	12	no break bw sn/cj
Saturday	7/10/2021 F4	F59 A + F64	2:15 PM	4:15 PM	6:03 PM	10	no break bw sn/cj
Saturday	7/10/2021 M4	M81 A	4:30 PM	6:30 PM	8:06 PM	8	10 minute break
Sunday	7/11/2021 M5	M89 A + M96B	8:00 AM	10:00 AM	11:58 AM	11	2 athletes in BC (5:00am weigh in), no break bw sn/cj
Sunday	7/11/2021 F5	F71B	10:15 AM	12:15 PM	1:40 PM	7	10 min break
Sunday	7/11/2021 M6	M96 A + M102	12:00 PM	2:00 PM	3:58 PM	11	no break bw sn/cj
Sunday	7/11/2021 F6	F71A - F87+	2:15 PM	4:15 PM	5:52 PM	9	no break bw sn/cj
Sunday	7/11/2021 M7	M109 - M109+	4:15 PM	6:15 PM	7:51 PM	8	10 min break
						120	

1.8 min per lift

10 min break if fewer than 9 athletes

10 min introduction time prior to start time

first lift happens at start time