

# TIMETABLE

## Saturday 8 Octoberr 2011

Arrival of Delegates

## Sunday 9 October 2011

CWF Congress & Verification of entries -

14:00 (Signal Hall)

Strand Towers Hotel

## Monday 10 October 2011

Opening Ceremony

10:00

Session 1 - 15:00

Weigh in - 13:00 to 14:00

44Kg & 48kg Women

Session 2 - 17:30

Weigh in - 15:30 to 16:30

50Kg & 56kg Men

## Tuesday 11 October 2011

Session 3 - 10:00

Weigh in - 08:00 to 09:00

53Kg Women

Session 4 - 12:30

Weigh in - 10:30 to 11:30

62kg Men

Session 5 - 15:00

Weigh in - 13:00 to 14:00

69kg B Category Men

Session 6 - 17:30

Weigh in - 15:30 to 16:30

69kg A Category Men

## Wednesday 12 October 2011

Session 7 - 10:00

Weigh in - 08:00 to 09:00

58kg Women

Session 8 - 12:30

Weigh in - 10:30 to 11:30

77kg B Category Men

Session 9 - 15:00

Weigh in - 13:00 to 14:00

63Kg Women

Session 10 - 17:30

Weigh in - 15:30 to 16:30

77Kg A Category Men

## Thursday 13 October 2011

Session 11 - 10:00

Weigh in - 08:00 to 09:00

85Kg Men

Session 12 - 12:30

Weigh in - 10:30 to 11:30

69Kg & +69Kg Women

Session 13 - 15:00

Weigh in - 13:00 to 14:00

94kg Men

Session 14 - 17:30

Weigh in - 15:30 to 16:30

105Kg Men

## Friday 14 October 2011

Session 15 - 10:00

Weigh in - 08:00 to 09:00

75Kg & +75Kg Women

Session 16 - 12:30

Weigh in - 10:30 to 11:30

+105Kg Men

Please note: These times are subject to change once the verification meeting is complete. We have yet to receive the full entries of the non-commonwealth African nations.