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| **NORTHERN WEIGHTLIFTING SCHOOLS** |
| **SUNDAY 7th APRIL 2024.** |
| Unit B, Whitwood Enterprise Park, Castleford, WF10 5PX. |
| YORKSHIRE STRENGTH, CASTLEFORD. |
| **1st WEIGH-IN FOR SESSION 1 to 4 Weigh in 09.00 till 10.00hrs.** |
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| **Session 1 START 11.00.** |
| **SESSION 1. 6 lifters 1hr.** |
| Heidi Zarek, Mila Andriekus, Lily Fiskel, Poppy Wood, Olivia butler, Emily Maw. |
| SESSION 2. \* START 12.15hrs. 6 lifters 1hr. |
| Joseph Newby, Charlie Conlin, Ben Peggie, James Newton, Karson Cleary, Elijah Zarek, |
| **SESSION 3. \*START 13.30 hrs. 4 Lifters 1hr.** |
| Cerys Gibbins, Nevaeh Hallas, Antonia Trebillcock, Scarlet Mauodis-Jackson,  a |
| **SESSION 4 \* START 14.45hrs. 6 Lifters 1hr.** |
| Robert Valaisaite, Isaac Collins, Zachary Taylor, Mac Whiteley, Layton Lamont, Mason Bailey. |
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| **Could anyone willing to help with the loading please contact Chris Baker,** [**chris.baker@northernweightlifting.com**](mailto:chris.baker@northernweightlifting.com) **after you have lifted.** |
| **Could any referees please volunteer to help out on the day, contact Chris Baker,** [**chris.baker@northernweightlifting.com**](mailto:chris.baker@northernweightlifting.com) |
| * These time are approximate and may change if there are drop out.\* |