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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** **after you have lifted.**  |
| **Could any referees please volunteer to help out on the day, contact Chris Baker,** **chris.baker@northernweightlifting.com** |
| * These time are approximate and may change if there are drop out.\*
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