

**Lifting Schedule for AAU Olympic Weightlifting
July 26, 2014**



SESSION ONE:	Weigh-In: 7:00 am	Lift: 9:00 am
SESSION TWO:	Weigh-In: 9:30 am	Lift: 11:30 am
SESSION THREE:	Weigh-In: 11:30 am	Lift: 1:30 pm
SESSION FOUR:	Weigh-In: 1:30 pm	Lift: 3:30 pm
SESSION FIVE:	Weigh-In: 3:30 pm	Lift: 5:30 pm
SESSION SIX:	Weigh-In 5:30 pm	Lift: 7:30 pm