**CHEDULE IS SUBJECT TO CHANGE ONE DAY EARLIER OR ONE DAY LATER AFTER ENTRIES DEADLINE**  
TWO PLATFORMS EVERY DAY

**MONDAY 10th NOV 2014**  
- SINGLE PLY BENCH PRESS / MEN & WOMEN: TEENS, JUNIORS, OPEN, MASTERS- SINGLE PLY DEADLIFT TEENS / MEN & WOMEN: JUNIORS, OPEN, MASTERS- SINGLE PLY POWERLIFTING / MEN & WOMEN: TEENS, JUNIORS, OPEN, MASTERS

**TUESDAY 11th NOV 2014**  
- RAW POWERLIFTING / MEN & WOMEN: TEENS, JUNIORS, MASTERS

**WEDNESDAY 12th NOV 2014**  
- RAW POWERLIFTING / MEN & WOMEN: OPEN

**THURSDAY 13th NOV 2014**  
- MULTI PLY POWERLIFTING / MEN & WOMEN: TEENS, JUNIORS, MASTERS- MULTI PLYBENCH PRESS / MEN & WOMEN: TEENS, MASTERS

**FRIDAY 14th NOV 2014**   
- RAW BENCH PRESS / MEN & WOMEN: TEENS, JUNIORS, OPEN, MASTERS

**SATURDAY 15th NOV 2014**  
- MULTI PLYBENCH PRESS / MEN & WOMEN: JUNIORS, OPEN- MULTI PLYDEADLIFT / MEN & WOMEN: TEENS, JUNIORS, OPEN, MASTERS- RAW DEADLIFT / MEN & WOMEN: TEENS, JUNIORS, OPEN, MASTERS

**SUNDAY 16th NOV 2014**  
- MULTI PLYPOWERLIFTING / MEN & WOMEN: OPEN