

# Sport Matters: Mat Distribution

	Mat 1	Mat 2	Mat 3
Day 1	-60 kg -52 kg -40 kg	-66 kg -50 kg	-55 kg -48 kg -44 kg
Day 2	-73 kg -57 kg	-90 kg -70 kg -63 kg	-81 kg +90 kg +70 kg

