

Sport Matters: Mat Distribution

	Mat 1	Mat 2	Mat 3	Mat 4
Day 1	50 kg 48 kg 40 kg	55 kg 52 kg	66 kg	60 kg – 2R 44 kg
Day 2	57 kg – 2R +70 kg	73 kg – 2R +90 kg	81 kg 70 kg	90 kg 63 kg

