

# 2019 State Summer Games Powerlifting Schedule



Please note the times listed below are APPROXIMATIONS and are based on the number of athletes in each flight. Each platform will run independently and will move through the schedule at their own pace. Should any platform finish session one flights ahead of schedule, they will move onto session two.

**What is a flight?** A "flight" is a group of athletes that will lift together. Multiple weight classes and divisions may be in the same flight, so pay special attention to the divisions posted as not all athletes in a flight are in the same division. Some weight classes may be split across two flights. In this situation, care has been taken to ensure no division is split across two flights.

## Venue Notes:

A limited selection of concessions will be available at Kingsley Junior High. Proceeds benefit Special Olympics Illinois.

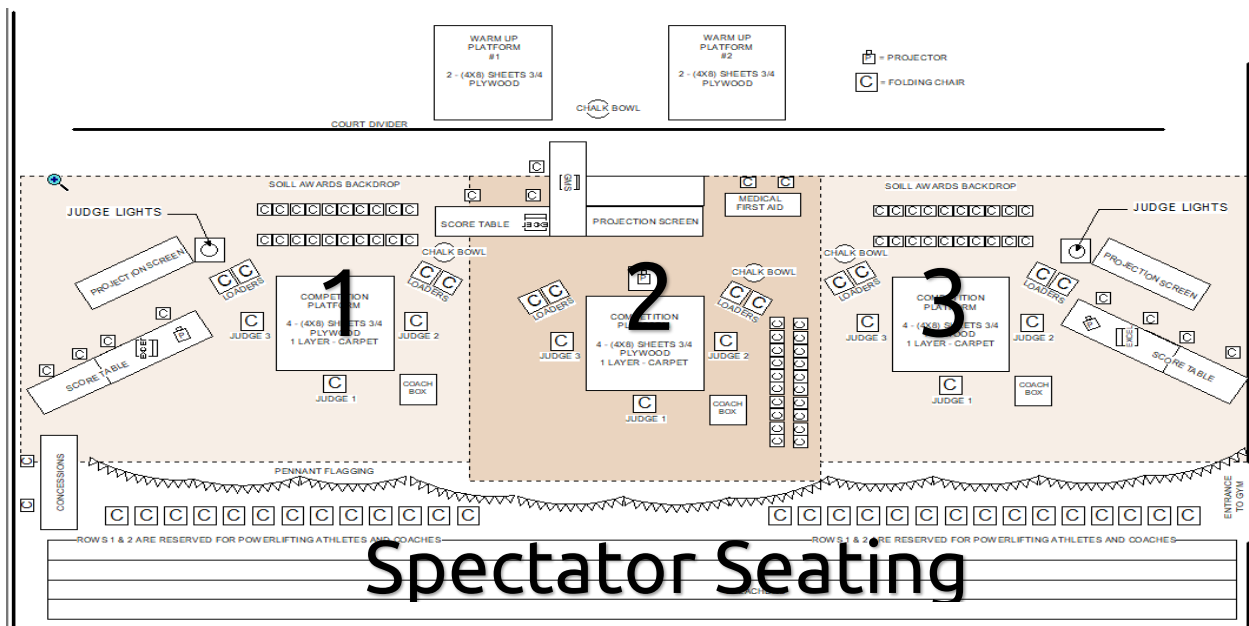
ONLY athletes, coaches and volunteers in the current session will be allowed in the competition area. Please help us keep this area clear and be mindful of blocking other's view of the lifting.

## Awards:

Athletes competing on Saturday will receive their Squat and Bench Press Awards immediately following their Bench Press flight. Once they receive those awards, they should return to the gymnasium and prepare for their Dead Lift. Once they complete Dead Lift, they will receive their Dead Lift and Combined Awards.

Athletes competing on Sunday will receive all of their awards following Dead Lift.

Athletes should report to the same number Awards Area as their Competition Platform. For example, an athlete competing on Platform 1 will receive their awards at Awards Area 1.



# 2019 State Summer Games Powerlifting Schedule



Saturday, June 8, 2019

PLATFORM ONE		PLATFORM TWO		PLATFORM THREE	
<b>8:30 a.m.</b>	<b>SESSION ONE</b>	<b>8:30 a.m.</b>	<b>SESSION ONE</b>	<b>8:30 a.m.</b>	<b>SESSION ONE</b>
	<b>Squat</b>		<b>Squat</b>		<b>Squat</b>
Flight Weight Class(s)	SQ_Flight_1-A O-72kg, P-84kg, A-53kg, B-59kg	Flight Weight Class(s)	SQ_Flight_2-B J-43kg, K-47kg, L-52kg, M-57kg, N-63kg, C-66kg	Flight Weight Class(s)	SQ_Flight_3-C I-120+kg, Q-84+kg
	<b>Bench Press</b>		<b>Bench Press</b>		<b>Bench Press</b>
Flight Weight Class(s)	Flight_1-A O-72kg, P-84kg	Flight Weight Class(s)	Flight_2-G J-43kg, K-47kg, L-52kg, M-57kg, N-63kg	Flight Weight Class(s)	Flight_3-L Q-84+kg
	<b>Bench Press</b>		<b>Bench Press</b>		<b>Bench Press</b>
Flight Weight Class(s)	Flight_1-B A-53kg, B-59kg	Flight Weight Class(s)	Flight_2-H C-66kg	Flight Weight Class(s)	Flight_3-M I-120+kg
	<b>Dead Lift</b>		<b>Dead Lift</b>		<b>Dead Lift</b>
Flight Weight Class(s)	Flight_1-A O-72kg, P-84kg	Flight Weight Class(s)	Flight_2-G J-43kg, K-47kg, L-52kg, M-57kg, N-63kg	Flight Weight Class(s)	Flight_3-L Q-84+kg
	<b>Dead Lift</b>		<b>Dead Lift</b>		<b>Dead Lift</b>
Flight Weight Class(s)	Flight_1-B A-53kg, B-59kg	Flight Weight Class(s)	Flight_2-H C-66kg	Flight Weight Class(s)	Flight_3-M I-120+kg
½ hour Break	Volunteer lunch/shift break	½ hour Break	Volunteer lunch/shift break	½ hour Break	Volunteer lunch/shift break
<b>12:15 p.m.</b>	<b>SESSION TWO</b>	<b>12:35 p.m.</b>	<b>SESSION TWO</b>	<b>1:30 p.m.</b>	<b>SESSION TWO</b>
	<b>Squat</b>		<b>Squat</b>		<b>Squat</b>
Flight Weight Class(s)	SQ_Flight_1-D F-93kg	Flight Weight Class(s)	SQ_Flight_2-E E-83kg	Flight Weight Class(s)	SQ_Flight_3-F D-74kg
	<b>Bench Press</b>		<b>Bench Press</b>		<b>Bench Press</b>
Flight Weight Class(s)	Flight_1-C F-93kg (split weight class)	Flight Weight Class(s)	Flight_2-I E-83kg (split weight class)	Flight Weight Class(s)	Flight_3-N D-74kg (split weight class)
	<b>Bench Press</b>		<b>Bench Press</b>		<b>Bench Press</b>
Flight Weight Class(s)	Flight_1-D F-93kg (split weight class)	Flight Weight Class(s)	Flight_2-J E-83kg (split weight class)	Flight Weight Class(s)	Flight_3-O D-74kg (split weight class)
	<b>Dead Lift</b>		<b>Dead Lift</b>		<b>Dead Lift</b>
Flight Weight Class(s)	Flight_1-C F-93kg (split weight class)	Flight Weight Class(s)	Flight_2-I E-83kg (split weight class)	Flight Weight Class(s)	Flight_3-N D-74kg (split weight class)
	<b>Dead Lift</b>		<b>Dead Lift</b>		<b>Dead Lift</b>
Flight Weight Class(s)	Flight_1-D F-93kg (split weight class)	Flight Weight Class(s)	Flight_2-J E-83kg (split weight class)	Flight Weight Class(s)	Flight_3-O D-74kg (split weight class)
<b>Sunday, June 11, 2017</b>					
<b>8:30 a.m.</b>	<b>SESSION THREE</b>	<b>8:30 a.m.</b>	<b>SESSION THREE</b>	<b>8:30 a.m.</b>	<b>SESSION THREE</b>
	<b>Squat</b>				<b>Squat</b>
Flight Weight Class(s)	SQ_Flight_1-G G-105kg			Flight Weight Class(s)	SQ_Flight_3-H H-120kg
	<b>Bench Press</b>		<b>Bench Press</b>		<b>Bench Press</b>
Flight Weight Class(s)	Flight_1-E G-105kg (split weight class)	Flight Weight Class(s)	Flight_2-K G-105kg (split weight class)	Flight Weight Class(s)	Flight_3-P H-120kg
	<b>Dead Lift</b>		<b>Dead Lift</b>		<b>Bench Press</b>
Flight Weight Class(s)	Flight_1-E G-105kg (split weight class)	Flight Weight Class(s)	Flight_2-K G-105kg (split weight class)	Flight Weight Class(s)	Flight_3-Q H-120kg
					<b>Dead Lift</b>
				Flight Weight Class(s)	Flight_3-P H-120kg
					<b>Dead Lift</b>
				Flight Weight Class(s)	Flight_3-Q H-120kg

Revision: 6/7/2019 3:22 PM