

Saturday, June 18, 2022

<b>Session One</b> <b>Start Time: 8:30am</b>		
Platform One	Platform Two	Platform Three
<b>Squat</b> Flight: A Weight Class: E	<b>Squat</b> Flight: B Weight Class: F	<b>Squat</b> Flight: C Weight Class: G
<b>Bench Press</b> Flight: A Weight Class: E	<b>Bench Press</b> Flight: B Weight Class: F	<b>Bench Press</b> Flight: C Weight Class: G
<b>Deadlift</b> Flight: A Weight Class: E	<b>Deadlift</b> Flight: B Weight Class: F	<b>Deadlift</b> Flight: C Weight Class: G
Session One Athletes Go To Awards		
<b>Session Two</b> <b>Estimated Start Time: 12:30pm</b> (Lifting on a platform could start early if all athletes in a flight are present)		
Platform One	Platform Two	Platform Three
<b>Squat</b> Flight: D Weight Class: H & I	<b>Squat</b> Flight: E Weight Class: M, N, O	<b>Squat</b> Flight: F Weight Class: P & Q
<b>Bench Press</b> Flight: D Weight Class: H & I	<b>Bench Press</b> Flight: E Weight Class: M, N, O	<b>Bench Press</b> Flight: F Weight Class: P & Q
<b>Deadlift</b> Flight: D Weight Class: H & I	<b>Deadlift</b> Flight: E Weight Class: M, N, O	<b>Deadlift</b> Flight: F Weight Class: P & Q
Session Two Athletes Go To Awards		

Sunday, June 19, 2022

<b>Session Three</b> <b>Start Time: 8:30am</b>		
Platform One	Platform Two	Platform Three
<b>Squat</b> Flight: G Weight Class: C	<b>Squat</b> Flight: H Weight Class: D	<b>Squat</b> Flight: I Weight Class: A & B
<b>Bench Press</b> Flight: G Weight Class: C	<b>Bench Press</b> Flight: H Weight Class: D	<b>Bench Press</b> Flight: I Weight Class: A & B
<b>Deadlift</b> Flight: G Weight Class: C	<b>Deadlift</b> Flight: H Weight Class: D	<b>Deadlift</b> Flight: I Weight Class: A & B
Session Three Athletes Go To Awards		