

2022 Region C Powerlifting Meet - Schedule of Events (Saturday)

7:00a	Agency Registration Opens	PLEASE NOTE		
7:00a-8:00a	Athlete Weigh-in	<p>There is a significant amount of work that needs to happen after athletes weigh-in and before the competition can begin. PLEASE do not wait until 8:00 to arrive and weigh-in. This will delay the entire day and we will not be able to start on time. I appreciate your assistance.</p>		
9:00a	Judge/Coach Meeting			
9:30a	Squat Assessments			
9:50a	Opening Ceremonies			
10:00a	Competition Starts			
COMPETITION PLATFORM ONE		COMPETITION PLATFORM TWO		COMPETITION PLATFORM THREE
Squat		Squat		Squat
<i>Flight 1-1</i>	Level-A-53kg Level-B-59kg Level-C-66kg <i>Flight 1 goes to awards when finished.</i>	<i>Flight 2-2</i>	Level-D-74kg Level-F-93kg <i>Flight 2 goes to awards when finished.</i>	<i>Flight 3-3</i> <i>No Liftings</i> <i>Flight 3 goes to awards when finished.</i>
<i>Flight 1-4</i>	Level-E-83kg <i>Flight 4 goes to awards when finished.</i>	<i>Flight 2-5</i>	Level-G-105kg <i>Flight 5 goes to awards when finished.</i>	<i>Flight 3-6</i> <i>No Lifting</i> <i>Flight 6 goes to awards when finished.</i>
** 10 min BREAK** to switch to Bench, and allow loaders to rest				
Bench Press		Bench Press		Bench Press
<i>Flight 1-1</i>	Level-A-53kg Level-B-59kg <i>Flight 1 goes to awards when finished.</i>	<i>Flight 2-2</i>	Level-D-74kg <i>Flight 2 goes to awards when finished.</i>	<i>Flight 3-3</i> Level-F-93kg <i>Flight 3 goes to awards when finished.</i>
<i>Flight 1-4</i>	Level-C-66kg <i>Flight 4 goes to awards when finished.</i>	<i>Flight 2-5</i>	Level-E-83kg <i>Flight 5 goes to awards when finished.</i>	<i>Flight 3-6</i> Level-G-105kg <i>Flight 6 goes to awards when finished.</i>
** 10 min BREAK** to remove Bench, and allow loaders to rest, Flight 4, 5, and 6 Awards to finish				
Dead Lift		Dead Lift		Dead Lift
<i>Flight 1-1</i>	Level-A-53kg Level-B-59kg <i>Flight 1 goes to awards when finished.</i>	<i>Flight 2-2</i>	Level-D-74kg <i>Flight 2 goes to awards when finished.</i>	<i>Flight 3-3</i> Level-F-93kg <i>Flight 3 goes to awards when finished.</i>
<i>Flight 1-4</i>	Level-C-66kg <i>Flight 4 goes to awards when finished.</i>	<i>Flight 2-5</i>	Level-E-83kg <i>Flight 5 goes to awards when finished.</i>	<i>Flight 3-6</i> Level-G-105kg <i>Flight 6 goes to awards when finished.</i>
NOTE: Combined Awards will be presented immediately following that flight's Dead Lift awards.				

2022 Region C Powerlifting Meet - Schedule of Events (Sunday)

7:00a	Agency Registration Opens	PLEASE NOTE		
7:00a-8:00a	Athlete Weigh-in	<p>There is a significant amount of work that needs to happen after athletes weigh-in and before the competition can begin. PLEASE do not wait until 8:00 to arrive and weigh-in. This will delay the entire day and we will not be able to start on time. I appreciate your assistance.</p>		
9:00a	Judge/Coach Meeting			
9:30a	Squat Assessments			
9:50a	Opening Ceremonies			
10:00a	Competition Starts			
COMPETITION PLATFORM ONE		COMPETITION PLATFORM TWO		COMPETITION PLATFORM THREE
Squat		Squat		Squat
<i>Flight 1-1</i>	Level-H-120kg Level-I-120+kg	<i>Flight 2-2</i>	Level-N-63kg Level-O-72kg Level-P-84kg Level-Q-84+kg	<i>Flight 3-3</i> <i>No Liftings</i>
<i>Squat goes to awards after their Bench Fight</i>		<i>Squat goes to awards after their Bench Fight</i>		<i>Squat goes to awards after their Bench Fight</i>
<i>** 10 min BREAK** to switch to Bench, and allow loaders to rest</i>				
Bench Press		Bench Press		Bench Press
<i>Flight 1-1</i>	Level-H-120kg	<i>Flight 2-2</i>	Level-M-57kg Level-N-63kg Level-O-72kg	<i>Flight 3-3</i> <i>No Liftings</i>
<i>Flight 1 goes to awards when finished.</i>		<i>Flight 2 goes to awards when finished.</i>		<i>Flight 3 goes to awards when finished.</i>
<i>Flight 1-4</i>	Level-I-120+kg	<i>Flight 2-5</i>	Level-P-84kg Level-Q-84+kg	<i>Flight 3-6</i> <i>No Liftings</i>
<i>Flight 4 goes to awards when finished.</i>		<i>Flight 5 goes to awards when finished.</i>		<i>Flight 6 goes to awards when finished.</i>
<i>** 10 min BREAK** to remove Bench, and allow loaders to rest, Flight 4, 5, and 6 Awards to finish</i>				
Dead Lift		Dead Lift		Dead Lift
<i>Flight 1-1</i>	Level-H-120kg	<i>Flight 2-2</i>	Level-M-57kg Level-N-63kg Level-O-72kg	<i>Flight 3-3</i> <i>No Liftings</i>
<i>Flight 1 goes to awards when finished.</i>		<i>Flight 2 goes to awards when finished.</i>		<i>Flight 3 goes to awards when finished.</i>
<i>Flight 1-4</i>	Level-I-120+kg	<i>Flight 2-5</i>	Level-P-84kg Level-Q-84+kg	<i>Flight 3-6</i> <i>No Liftings</i>
<i>Flight 4 goes to awards when finished.</i>		<i>Flight 5 goes to awards when finished.</i>		<i>Flight 6 goes to awards when finished.</i>
NOTE: Combined Awards will be presented immediately following that flight's Dead Lift awards.				