



Powerlifting

Bob Carpenter Center - Main Arena

Friday, June 9, 2023

No Powerlifting Competition today!

Please join us for the following activities and to cheer on your fellow athletes competing between 8:00am - 3:15pm

4:15pm **OPENING CEREMONY**
3:30pm Staging for Parade Begins

5:30pm **FAMILY BBQ & ACTIVITIES**
FREE Dinner & Woodside Ice Cream,
Inflatables, Silent Disco, & Softball

Saturday, June 10, 2023

Schedule is approximate and subject to change

8:30am **Coaches Meeting**

9:00am Bench Press Competition

11:00am **Break**
Lunch & Healthy Athletes

12:30pm Deadlift Competition

2:45pm Awards

Final divisions and flights will be determined and posted 1 week prior to competition