

POWERLIFTING SCHEDULE

FRIDAY, JUNE 13, 2025

10:00am	<i>Healthy Athletes & Olympic Village</i>
3:00pm	
4:00pm	OPENING CEREMONY <i>3:30pm Staging for Parade Begins</i>
5:30pm	<i>FAMILY BBQ & ACTIVITIES</i>
8:00pm	

No Powerlifting Competition today!

Please join us for the following activities and to cheer on your fellow athletes competing.

SATURDAY, JUNE 14, 2025

8:20am	<i>Coaches Meeting</i>
8:45am	Bench Press Competition
11:30am	Awards
12:00pm	<i>Break</i> Lunch & Healthy Athletes
1:00pm	Deadlift Competition
3:45pm	Awards

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