



# 2024 Summer Games Schedule for Powerlifting

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## Friday, June 7<sup>th</sup>

12:00PM – 1:00PM Weigh-Ins (ALL Lifters)

1:00PM                      Mandatory Coaches Meeting

## Saturday, June 8<sup>th</sup>

<b>Powerlifting Estimated Time</b>		
<b>Frame</b>		
<b>Saturday, June 8<sup>th</sup></b>	Morning Session 1	
	Competition	Warm up
7:30AM – 7:50 AM		Squat Flight A
8:00AM – 8:35AM	Squat Flight A	Squat Flight B
8:35AM - 9:10AM	Squat Flight B	Bench Flight A
9:10AM – 9:45AM	Bench Flight A	Bench Flight B
9:45AM – 10:20AM	Bench Flight B	Deadlift Flight A
10:20AM – 10:50AM	Deadlift Flight A	Deadlift Flight B
10:50AM – 11:15AM	Deadlift Flight B	
Awards will start immediately after all lifts have been completed		

<b>Powerlifting Estimated Time</b>		
<b>Frame</b>		
<b>Saturday, June 8<sup>th</sup></b>	Afternoon Session 2	
	Competition	Warm up
12:20PM-12:40PM		Squat Flight A
12:40PM - 1:15PM	Squat Flight A	Squat Flight B
1:15PM – 1:50PM	Squat Flight B	Bench Flight A
1:50PM – 2:25PM	Bench Flight A	Bench Flight B
2:25PM – 3:10PM	Bench Flight B	Deadlift Flight A
3:10M – 3:45PM	Deadlift Flight A	Deadlift Flight B
3:45PM – 4:15PM	Deadlift Flight B	
Awards will start immediately after all lifts have been completed		

## Divisions and Flight Schedule

Competition for all lifters be on Saturday, we will have two sessions with two flights in each session for a total of four flights. will be no competition on Sunday. Session A will be in the morning session with a Flight A & B. Session B will be in the afternoon session with a flight A & B. For each session we ask that all lifters stay in the competition area or warm up area. There is an opportunity to warm up before each event, coaches should have athletes ready to go. Awards will take place immediately following each session. All delegations will have the opportunity to get lunch at the dining hall during the lunch break. We recommend that there be extra chaperones to take athletes in Flight B to lunch then take athletes in Flight A after their awards.

Athlete's final weight classes will be determined at weigh-ins on Friday afternoon. Below is a list of when each weight class and gender are foreseen to lift. Please note that this could change if we see a large number of changes in weight classes, based on what was predicted at registration.