

USA Powerlifting “Provisional” Schedule of Events
Arnold Sports Festival – Columbus, Ohio
March 5 – 8, 2009

Thursday, March 05, 2009

University Plaza Hotel
Referee Meeting – All Lifting Sessions
5:00 – 5:30pm

University Plaza Hotel
Technical/Rules Meeting – All Lifting Sessions
5:30 – 6:00pm

University Plaza Hotel
Early Equipment Check / Friday Lifters Only
6:00 – 7:00pm

Friday, March 06, 2009

Raw Powerlifting
Arnold Fitness Expo Grand Ballroom

Session I: All Women + Men 56kg to 90kg
Weigh-in & Equipment Check: 7:00 – 8:30am
Lifting: 9:00am 12:00pm
[21 lifters – 2/flights]

Session II: All Men 100kg to +125kg
Weigh-in & Equipment Check: 11:00am to 12:30pm
Lifting: 1:00pm to 4:00pm
[27 lifters – 2/flights]

Early Equipment Check / Saturday Lifters Only
Arnold Fitness Expo Grand Ballroom
1:00 – 3:00pm

Saturday, March 07, 2009

Quest American Pro Invitational
Arnold Fitness Expo Grand Ballroom

Session I: All Women + Men 56kg to 82.5kg
Weigh-in & Equipment Check: 6:00 – 7:30am
Lifting: 8:00am to 12:00pm
[28 Lifters – 2/flights 14 each]

Session II: Men 90kg to +125kg
Weigh-in & Equipment Check: 10:00 – 11:30am
Lifting: 12:00pm to 4:00pm
[28 Lifters – 2/flights 14 each]

Early Equipment Check / Sunday Lifters Only
Arnold Fitness Expo Grand Ballroom
1:00 – 2:00pm

IPF International Deadlift Competition

Arnold Fitness Expo Grand Ballroom

Weigh-in & Equipment Check: 2:00 – 3:30pm

Lifting: 4:00 to 6:00pm [25 lifters] – Expo Stage

One [1] Flight

Sunday, March 08, 2009

IPF Pro Bench Press Championships

Arnold Fitness Expo Stage Area

Weigh-in & Equipment Check: 8:00 – 9:30am

Lifting: 10:00am to 12:00pm [23 lifters] – Expo Stage

Two [2] Flights