

USA Powerlifting Finalized Timetable of Events
Arnold Sports Festival – Columbus, Ohio
March 5 – 8, 2010

Thursday, March 04, 2010

Referee Meeting – All Lifting Sessions

Location: University Plaza Hotel

4:00 – 4:30pm

Technical/Rules Meeting – All Lifting Sessions [Optional/Not Mandatory]

Location: University Plaza Hotel

4:30 – 5:00pm

Early Equipment Check / Friday Lifters Only

Location: University Plaza Hotel

5:00 – 6:00pm

IPF Strategic Planning Meeting – Robert Wilks

Location: University Plaza Hotel

7:00 – 9:00pm

Friday, March 05, 2009

USAPL Raw Challenge Powerlifting Championships

Location: Arnold Fitness Expo -- Grand Ballroom

Session I:

FLT A: All Women – 14 Lifters

FLT B: All Men [56kg to 82.5kg] – 11 Lifters

FLT C: All Men [90 kg] -- 9 Lifters

Weigh-in & Equipment Check: 7:00 – 8:30am

Lifting: 9:00am to 2:00pm

[34 lifters – 3 Flights]

Session II:

FLT A: All Men [100kg] – 13 Lifters

FLT B: All Men [110kg] – 9 Lifters

FLT C: All Men [125 + SHW] – 13 Lifters

Weigh-in & Equipment Check: 12:00pm to 1:30pm

Lifting: 2:00pm to 7:00pm

[35 lifters – 3 Flights]

Early Equipment Check / Saturday Lifters Only

Location: Arnold Fitness Expo -- Grand Ballroom

2:00 – 4:00pm

Saturday, March 06, 2010

Quest American Invitational Powerlifting Championships

Location: Arnold Fitness Expo -- Grand Ballroom

Session I:

FLT A: All Women – 10 Lifters

FLT B: All Men [56kg to 82.5kg] – 13 Lifters

Weigh-in & Equipment Check: 7:00 – 8:30am

Lifting: 9:00am to 1:00pm

[23 Lifters – 2 Flights]

Session II:

FLT A: All Men [90kg to 100kg] – 8 Lifters

FLT B: All Men [110kg to 125+kg] – 14 Lifters

Weigh-in & Equipment Check: 11:00 – 12:30pm

Lifting: 1:00pm to 5:00pm

[22 Lifters – 2 Flights]

Early Equipment Check / Sunday Lifters Only

Arnold Fitness Expo -- Grand Ballroom

1:00 – 2:00pm

GNC IPF International PRO Deadlift Competition

Weigh-in & Equipment Check: 2:00 – 3:30pm / Arnold Fitness Expo -- Grand Ballroom

Lifting: 4:00 to 6:00pm – Expo Center Stage

[1 Flight – 22 Lifters]

Sunday, March 07, 2009

IPF Titan Pro Bench Press Bash Championships

FLT A: All Women + Men [56kg to 90kg] – 13 Lifters

FLT B: All Men [100kg to 125+kg] – 12 Lifters

Weigh-in & Equipment Check: 8:00 – 9:30am [Level C - Pod 10]

Lifting: 10:00am to 12:00pm– Expo Stage

[2 Flights – 25 Lifters]

Questions pertaining to the schedule – Please contact Robert Keller @ rhk@verizon.net or 954.790.2249