

Master Competition Lifting and Weigh-in Schedule:

Thursday – July 06, 2006

USA Powerlifting National Governing Body Meeting / Technical Meeting

9:00 to 3:00 pm – Early Equipment Check [All lifters – Jasmine Room]

3:00 to 6:00 pm – National Governing Body [NGB] Meeting [Jasmine Room]

6:00 to 7:00 pm – IPF Technical rules meeting for all coaches and lifters [Jasmine Conference Room]

[Highly recommended for all coaches/lifters that have never competed in a national championship]*

6:00 to 7:00 pm – Early equipment check for Friday Lifters ONLY [Jasmine Room]

Friday – July 07, 2006

Women's US Open Powerlifting Championship

7:00 to 8:30 am – Weigh-in/Equipment check for all Women

8:30 to 9:00 am – Rules briefing and/lifter warm-up

9:00 to 1:00 pm – Lifting for ALL Women

1:00 to 1:30 pm – Drug-testing Protocol / Awards Ceremony

Men's National Powerlifting Championships

12:00 to 1:30 pm – Weigh-in & Equipment check for men's weight classes 114, 123, 132 and 148

1:30 to 2:00 pm – Rules briefing and/lifter warm-up

2:00 to 5:00 pm – Lifting for men's weight classes 114, 123, 132 and 148

5:00 to 6:00 pm - Drug-testing Protocol / Awards Ceremony

5:00 to 6:00 pm – Early equipment check for Saturday lifters ONLY.

Saturday – July 08, 2006

Men's National Powerlifting Championships

7:00 to 8:30 am – Weigh-in/Equipment check for men's weight classes 165 & 181

8:30 to 9:00 am – Rules briefing and/lifter warm-up

9:00 to 1:00 pm – Lifting for men's weight classes 165 & 181

1:00 to 1:30 pm – Drug-testing Protocol / Awards Ceremony

12:00 to 1:30 pm – Weigh-in & Equipment check for men's weight classes: 198 & 220

1:30 to 2:00 pm – Rules briefing and/lifter warm-up

2:00 to 5:00 pm – Lifting for men's weight classes 198 & 220

5:00 to 6:00 pm - Drug-testing Protocol / Awards Ceremony

6:00 to 7:00 pm – Early equipment check for Sunday lifters ONLY.

Men & Women's US Open Bench Press Championships

3:00 to 4:30 am – Weigh-in/Equipment check for all Bench Pressers

4:30 to 5:00 am – Rules briefing and/lifter warm-up

5:00 to 6:30 pm – Lifting for all weight classes

6:30 to 7:00 pm – Drug-testing Protocol / Awards Ceremony

Sunday – July 09, 2006

Men's National Powerlifting Championships

7:00 to 8:30 am – Weigh-in/Equipment check for the men's 242lb weight class

8:30 to 9:00 am – Rules briefing and/lifter warm-up

9:00 to 1:00 pm – Lifting for the men's 242lb weight classes

1:00 to 1:30 pm – Drug-testing Protocol / Awards Ceremony

12:00 to 1:30 pm – Weigh-in & Equipment check for men's weight classes 275 & SHW

1:30 to 2:00 pm – Rules briefing and/lifter warm-up

2:00 to 6:00 pm – Lifting for men's weight classes 275 and SHW

6:00 to 7:00 pm - Drug-testing Protocol / Awards Ceremony