



2009 USPF National Championships

Lifting and Weigh in schedule

Thursday, 2 July, National Committee meeting, 8pm (subject to change)

USPF National Lifting schedule:

National Powerlifting: **Friday, 3 July**, All women and men up to 198, start time 9am
Awards will be presented at the end of Day 1.

National Powerlifting: **Saturday, 4 July**, Men's 220 to SHW, start time 9am
Awards will be presented at the end of Day 2.

National Bench/Deadlift: **Sunday, 5 July**, All men and women for all classes and divisions, start time 10am. Awards will be presented at the end of Day 3.

Weigh-in schedule: Lifters have the option of picking one of three weigh-in times for their lifting day.

Thursday, 2 July

9:00am - 10:30am am only **Friday - lifter**

6:00pm - 7:30pm pm only **Friday - lifter**

Friday, 3 July

6:30am - 8:00am am only **Friday - lifter**

9:00am - 10:30am am only **Saturday - lifter**

6:00pm - 7:30pm pm only **Saturday - lifter**

Saturday, 4 July

6:30am - 8:00am am only **Saturday - lifter**

10:00am - 11:30am am only **Sunday - lifter**

6:00pm - 7:30pm pm only **Sunday - lifter**

Sunday, 5 July

7:30am - 9:00am am only **Sunday - lifter**

<http://www.uspf.com> or
<http://www.powerliftingCA.com>