



Powerlifting
Order of Events
Dimond High School Auxiliary Gym

Saturday, June 9, 2018

8 a.m.	Weigh-ins & Warm Up
8:15 a.m.	Coaches Meeting
9 a.m.	Powerlifting Competition
	Squat
	Bench
	Deadlift
9 a.m. – 3 p.m.	Healthy Athletes
5 p.m.	Approximate finish including awards