



**Powerlifting
Order of Events**

Dimond High School Auxiliary Gym

Saturday, June 7

7:45 a.m.	All lifters/coaches meeting DHS Auxiliary Gym
8 a.m.	Weigh-ins & Warm Up in Weight Room
8:15 a.m.	Coaches Meeting in Weight Room
9 a.m.	Powerlifting Competition
	Squat
	Bench
	Deadlift
11 a.m.-1 p.m.	Lunch Available in DHS Auxiliary Gym
5:00 p.m.	Approximate finish including Awards

*All lifters should eat lunch and go through Healthy Athletes during downtime.

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