



Powerlifting Wave Weigh-in Order

NW/SW Powerlifting Invitational
April 28, 2024 at The Washington Athletic Club

8:15am Wave One

Auburn Dungeon Strength
Enumclaw

8:45am Wave Two

Grays Harbor Hawks
Sound Athletics



9:00am Wave Three

Longview Kelso
Thurston County Power Dragons

Lift Order: Squat, Bench, Deadlift