

2017 Summer Games-Powerlifting Processes

Order: Squat, Bench Deadlift

EVERGREEN THEATER



Process

1. Weigh-ins begin at 7:15AM, weigh ins will be divided by male and female so as to expedite the process.
2. Coaches meeting will be on stage at 7:45AM.
3. After weigh-ins are complete, please head to the stage where you will complete rack heights for the squat for all competitors.
4. Flights will be posted on the wall and be visible on the screen as you come in, so please be sure to check to see who of your team is in the 1st flight of squat.
5. See below for the flow chart:
 - a. Identify the flight your athlete has been assigned for the squat, please have athletes report to the staging area that will be flagged off in the right section of the auditorium.
 - b. They will be seated in rows according to the flight they are competing in, and lead onto the stage appropriately when it is time for warm-ups, and then time to compete.
 - c. If your athlete is not seated in their row before their flight is lead onto stage, we will assume it is a scratch unless otherwise noted.
 - d. Athletes will go from staging, to the warm-up area, to the competition seats as they wait to lift.

When Competing on stage:

1. Rule Highlight (New!):
 - o RULES OF COMPETITION - General Rules and Modifications: During any competition organized on a platform or stage, no one other than the lifter, the members of the jury, the officiating referees, assigned medical personnel, assigned platform personnel and the manager and/or the competing lifter's coach shall be allowed around the platform or on the stage.
 - o A designated coach location on the stage will provided in 2017. Coaches are to stay in the designated area during athletes lifts.
2. Coaches have 2 minutes to report scores to the table for the athletes next lift, please be diligent in getting these reported for the event stays on time and we can get the lift into the software to be shown.
 - a. The table you report your score to will correspond with the platform that athlete is competing on. Ex: if John squats on Platform 1, his next lift needs to be reported to table 1.

Please be sure to keep track of competitors as they move through the phases of competition, and please let us know if you have any issues or need assistance with anything.

