



## **POWERLIFTING**

Evergreen Theater  
Building 3405 2<sup>nd</sup> Division Dr. JBLM, WA 98433  
SATURDAY, JUNE 3, 2017

### **Schedule:**

6:45 - 7:00am: Army arrives to open building/set up sound and lights

7:15 – 8:00 am: Weigh-In - By Chris, Garriel, and New Officials

A: Team of 3 and 4 - 7:15 am: BKAT 4, GRAY HARBOR 3  
B: Team of 6, and 6 -7:20 am: FEDERAL WAY 6, SKY VALLEY 6  
B: Team of 7 and 7 - 7:30 am: CLARK COUNTY 7, SPOKANE 7  
D: Team of 17 and 18 - 7:40 am: EST POWERLIFTERS 18, TUMWATER 17

TBD: 7:15 – 8:00 am: Squat Height - By Angel/Faith

7:15 - 8:00 am: Paula and Faith to load information into the software

8:00 am: Train Army how to load and spot - By Chris and Garriel

8:30– 8:40 am: Coach’s meeting - By Roger

8:45 am: Meet starts

**AWARDS:** SUNDAY, JUNE 4<sup>TH</sup>

9:30 – 11:30 am – PLU @ soccer venue