

NW/SW Powerlifting

INVITATIONAL OVERVIEW



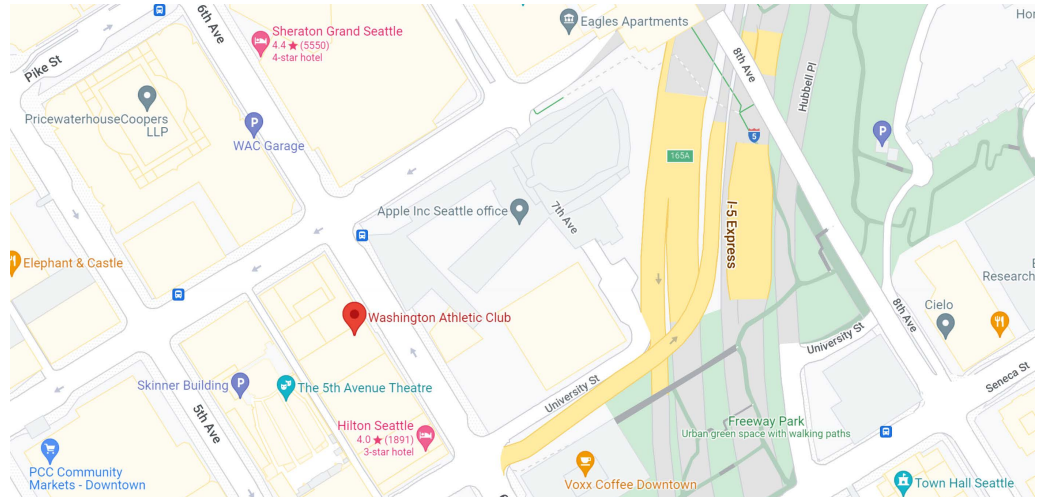
Saturday
May 20th
2023



Washington
Athletic Club



1325 6th Ave,
Seattle, WA 98101



GENERAL SCHEDULE

Team Check-in: 8:00 AM

Weigh - ins Begin: 8:15 AM

Powerlifting Competition: 9 AM - 3 PM

Lunch: 11:00 AM - 1:00 PM



*Awards will be
presented at the end
of the competition*




*More information
will be provided as
we get closer to
the competition*



NW/SW POWERLIFTING INVITATIONAL COMPETITION



 Saturday, May 20, 2023

LIFT LOCATION



**Washington Athletic
Club (WAC)**

1325 Sixth Ave,
Seattle WA 98101

PRIOR TO EVENT

*Submit all starting
weights prior to
competition.*

*Attend Coaches Meeting
series hosted by Tyler
Bjork.*

*MUST ATTEND your
weigh in wave!*

SCHEDULE OF EVENTS

8:00 AM Team Check - in Begins

8:15 AM Wave One Weigh - ins Begin

8:30 AM Volunteer Meeting

8:45 AM Wave Two Weigh - ins Begin

9:00 AM Wave Three Weigh - ins Begin

9:15 AM Opening Ceremonies

9:25 AM First Lifts!

Event Order: Squat, Bench, Deadlift

11 AM - 1 PM Lunch Pick-Up (Lobby of the floor)

4:30 PM Conclusion of Competition (Tentative)

