

IPF/NAPF/FESUPO Pan-American Powerlifting Championships
Miami, Florida, USA / August 6 – 8, 2009
Last Revision: Wednesday, July 16, 2009

COMPETITION LIFTING SCHEDULE

2009 IPF/NAPF/FESUPO Pan-American Powerlifting Championships
Hyatt Hotel -- Miami, Florida

Thursday, August 6, 2009 -- Session I

Weigh-in: 7:00 – 8:30 am

Opening Ceremony: 8:30 am

Start-time for lifting: 9:00 am

Note: Two [2] Scales for weigh-in

Platform I

Flight A: Women 48&52.00 / 15 Lifters

Platform II

Flight B: Women 56&60.00 / 17 Lifters

Thursday, August 6, 2009 -- Session II

Weigh-in: 12:00 – 1:30 pm

Start-time for lifting: 2:00 pm

Note: Two [2] Scales for weigh-in

Platform I

Flight A: Women 67.5&75.00/13 Lifters

Platform II

Flight B: Women 82.5/90/90+ /11 Lifters

Friday, August 7, 2009 -- Session I

Weigh-in: 7:00 – 8:30 am

Start-time for lifting: 9:00 am

Note: Two [2] Scales for weigh-in

Platform I

Flight A: Men 56.00 / 06 Lifters

Flight B: Men 67.50 / 15 Lifters

Platform II

Flight C: Men 60.00 / 09 Lifters

Flight D: Men 75.00 / 14 Lifters

Friday, August 07, 2009 -- Session II

Weigh-in: 11:00 – 12:30 pm

Start-time for lifting: 1:00 pm

Note: Two [2] Scales for weigh-in

Platform I

Flight A: Men 82.50 / 14 Lifters

Flight B: Men 82.50 / 14 Lifters

Platform II

Flight D: Men 90.00 / 09 Lifters

Flight E: Men 90.00 / 09 Lifters

Special Olympics Demonstration

6:00 – 8:00 PM / 9 Lifters

Saturday, August 08, 2009 -- Session I

Weigh-in: 7:00 – 8:30 am

Start-time for lifting: 9:00 am

Note: Two [2] Scales for weigh-in

Platform I

Flight A: Men 100.00 / 11 Lifters

Flight B: Men 100.00 / 12 Lifters

Platform II

Flight C: Men 110.00 / 10 Lifters

Flight D: Men 110.00 / 10 Lifters

Saturday, August 08, 2009-- Session II

Weigh-in: 12:00 – 1:30 pm

Start-time for lifting: 2:00 pm

Note: Two [2] Scales for weigh-in

Platform I

Flight A: Men 125.00 / 15 Lifters

Flight B: Men 125.00+/08 Lifters

Key

(I) = IPF Cat I Referee / (II) = IPF Cat II Referee / (N) = National Referee / (S) = State Referee