

Arnold Sports Festival Weekend Athlete Information

A. ATHLETE CHECK-IN & WEIGH-IN SCHEDULE:

A table will be set-up in the Grand Ballroom of the Convention Center for Athlete Check-in and Gear Check. Any athlete arriving on Thursday may check-in at the University Plaza. Check-in on Thursday is not a requirement.

Weigh-ins will be located behind the stage in the Grand Ballroom for all Events, excluding the Titan Pro Bench. Access to the Grand Ballroom is free and will not require any special pre-registration for entrance. If you have pre-purchased an Arnold Sports Festival shirt, you may pick those up in the Grand Ballroom.

USAPL lifters, please remember that your Membership card needs to be current. You can renew during registration or you can also do so online at the USAPL eStore. If renewed online, please print your payment receipt and bring it with you to checking.

Event	Athlete Check-in & Gear Check	Check-in/Weigh-in Location	Weigh-ins	Lifting Location	Lifting Starts
Thursday, 28 February					
All Competitors	7:00pm -9:00 pm	University Plaza Hotel	-	-	-
Friday, 29 February					
Raw Competition	7:30am – 9:30am	Grand Ballroom	8:00am-9:30am	Grand Ballroom	10:00am
Quest Invitational GNC Pro Deadlift	12:00pm – 2:00pm	Grand Ballroom	-		-
Saturday, 1 March					
Quest Invitational Session #1 (56kg-90kg)	6:30am –8:30 am	Grand Ballroom	7:00am –8:30 am	Grand Ballroom	9:00am
Quest Invitational Session #2 (100kg-125+kg)	9:30am – 11:30am	Grand Ballroom	10:00am-11:30am	Grand Ballroom	12:00pm
GNC Pro Deadlift	12:30pm-2:30pm	Grand Ballroom	1:00pm-2:30pm	Expo Main Stage	3:00pm
Titan Pro Bench	12:30pm-2:30pm	Grand Ballroom	-		-
Titan Pro Bench	8:00pm – 9:00pm	University Plaza	-		-
Sunday, 2 March					
Titan Pro Bench	7:30am-9:30am	Expo – Behind Main Stage**	8:00am-9:30am	Expo Main Stage	10:00am

** Titan Pro Bench weigh-in location may change due to the security around the Main Stage, information concerning weigh-in will be available at the Check-in locations on Saturday.

B. ATHLETE I.D.:

Athletes will be given wristbands during Athlete Check-in, which will allow entry into the Expo and will identify them as Arnold Sports Festival athletes. Wristbands are not required to gain access to the Convention Center.

C. COACHES:

Athletes will be allowed one coach in the Grand Ballroom. Entry is free. Athletes in the GNC Deadlift and Titan Bench competitions will be allowed ONE coach. Coaches will receive wristbands identifying them as coaches. Entry to the warm-up room for the Deadlift and Bench competitions will be strictly limited.

D. TRANSPORTATION TO UNIVERSITY PLAZA HOTEL, HILTON GARDEN INN:

Competitors and officials are responsible for transportation to the competition hotel. Many competitors are driving in. Please find directions to the hotel at: www.universityplazaosu.com. Taxi transportation from the airport costs approximately \$25.

E. TRANSPORTATION FROM THE HOTELS TO THE CONVENTION CENTER:

By hotel shuttle (to be arranged on check-in), by taxi, or on regularly scheduled Arnold Sports Festival shuttles.

Map to the Convention Center: <http://www.arnoldsportsfestival.com/parking.asp>

Schedules will be posted later.

F. SCALE:

The competition scale will be available at the University Plaza Hotel each evening from 7 to 10 p.m. and at weigh-ins as listed above.

G. SPECTATORS:

Access to the Convention Center and the Grand Ballroom is free. Access to the Expo Center is \$10 for a weekend pass and can be purchased at the Convention Center through the Arnold Sports Festival.

Full information on the Arnold Sports Festival can be found at www.arnoldsportsfestival.com

We hope your training has gone well and you are ready to move some big weights!

Larry Maile, PhD
USA Powerlifting President