

**Preliminary competition schedule – subject to change after entry deadline. All times are CST.**

**THURSDAY 26 MARCH 2015**

**4:00 – 8:00 pm** The Voyager Ballroom will be open from *for ALL JV competitors and their coaches* to check-in, complete equipment check and confirm rack heights (squat and bench). Picture identification card, current USAPL membership and personal equipment must be with the competitor. Competitors will need a Full High School Membership to lift at any USAPL Nationals. Membership link <http://www.usapowerlifting.com/membership-application/>

**7:00 – 8:00 pm** National Governing Body (NGB) Meeting in the Sabre Ballroom  
**All high school coaches should plan to attend as the discussions are specific to high school powerlifting.** At this meeting, competition bids are presented and voted on for 2017. Questions should be directed to the USAPL High School Chair Joe Lewis.

**FRIDAY, 27 MARCH 2015 Both sessions are Junior Varsity only**

**7:00 - 8:30 am** Weigh-ins & Equipment Check **Female 97 – 148 & Male 114 - 165**

**9:00 am** First session competition starts in the Concorde Ballroom

**1:00 - 2:30 pm** Weigh-ins & Equipment Check **Female 165 - SHW & Male 181 - SHW**

**3:00 pm** Second session competition starts at in the Concorde Ballroom

**6:00 – 8:00 pm Varsity Female 97 - 148 and Male 114 - 181** competitors and their coaches to check-in, complete equipment check and confirm rack heights (squat and bench). Picture identification card, current USAPL full high school membership and personal equipment must be with the competitor.

**SATURDAY, 28 MARCH 2015**

**7:00 - 8:30 am** Weigh-ins & Equipment Check **Varsity Female 97 - 123 & Male 114 - 148**

**9:00 am** First session competition starts in the Concorde Ballroom

**12:00 - 1:30 pm** Weigh-ins & Equipment Check **Varsity Female 132 - 148 & Male 165 - 181**

**2:00 pm** Second session competition starts at in the Concorde Ballroom

**5:00 – 7:00 pm Varsity Female 165 - SHW & Male 198 - SHW** competitors and their coaches to check-in, complete equipment check and confirm rack heights (squat and bench). Picture identification card, current USAPL full high school membership and personal equipment must be with the competitor.

**SUNDAY, 29 MARCH 2015**

**7:00 - 8:30 am** Weigh-ins & Equipment Check **Varsity Female 165 - 181 & Male 198 - 220**

**9:00 am** First session competition starts in the Concorde Ballroom

**12:00 - 1:30 pm** Weigh-ins & Equipment Check **Female 198 - SHW & Male 242 - SHW**

**2:00 pm** Second session competition starts at in the Concorde Ballroom