

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