

**USA Powerlifting Arnold Sports Festival**  
**Columbus, Ohio**  
**March 3 – 6, 2011**

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**Finalized Timetable of Events**

**Last Updated: Sunday, February 13, 2011**

**Thursday, March 03, 2011**

**ASF Referee Meeting – All Lifting Sessions**

Location: University Plaza Hotel – Room TBA

4:00 – 4:30pm

**ASF Technical/Rules Meeting – All Lifting Sessions [Not Mandatory]**

Location: University Plaza Hotel – Room TBA

4:30 – 5:00pm

**ASF Registration & Early Equipment Check / Friday Lifters Only**

Location: University Plaza Hotel – Room TBA

5:00 – 6:00pm

**Friday, March 04, 2011**

**USAPL / NAPF Raw Challenge Powerlifting Championships**

Location: Arnold Sports Festival – Convention Center Ballroom E150 to E170

**Session I:**

FLT A: All Women – 16 Lifters

FLT B: All Men 59kg, 66kg, 74kg and 83kg – 16 Lifters

Weigh-in & Equipment Check: 7:00 – 8:30am

Lifting: 9:00am to 12:00pm

Awards: 12:00pm – 1:00pm

[Scheduled are 32 Lifters - 2 Flights/1 Platform]

Flight Order: Platform 1: Flights A/B

**Session II:**

FLT A: All Men [93kg] – 15 Lifters

FLT B: All Men [105kg] – 16 Lifters

FLT C: All Men [120kg and 120+kg] – 15 Lifters

Weigh-in & Equipment Check: 11:00pm to 12:30pm

Lifting: 1:00pm to 5:00pm

[Scheduled are 46 lifters – 3 Flights/1Platform]

Flight Order: Platform 1: Flights A/B/C

**Early Equipment Check / Saturday Lifters Only**

Location: Arnold Sports Festival – Convention Center Ballroom E150 to E170

1:00 – 3:00pm

## **Saturday, March 05, 2011**

### **NAPF Brown's Gym American Invitational Powerlifting Championships**

Location: Arnold Sports Festival – Convention Center Ballroom E150 to E170

#### **Session I:**

FLT A: All Women -- 15 Lifters

FLT B: All Men [59kg, 66kg and 74kg] – 09 Lifters

Weigh-in & Equipment Check: 7:00 – 8:30am

Lifting: 9:00am to 1:00pm

[Scheduled are 24 Lifters – 2 Flights/1 Platform]

#### **Session II:**

FLT A: All Men [83kg to 93kg] – 12 Lifters

FLT B: All Men [105kg to 120+kg] – 17 Lifters

Weigh-in & Equipment Check: 11:00 – 12:30pm

Lifting: 1:00pm to 4:00pm

Awards: 4:00pm to 5:00pm

[Scheduled are 29 Lifters – 2 Flights/1 Platform]

### **Early Equipment Check / Sunday Lifters Only**

Arnold Sports Festival -- Ballroom E150 to E170

1:00 – 2:00pm

### **IPF GNC International PRO Deadlift Competition**

Weigh-in & Equipment Check: 2:00 – 3:30pm

Arnold Sports Festival – Convention Center Ballroom E150 to E170

Lifting: 4:00 to 6:00pm – Arnold Expo Center Stage

[Scheduled are 19 Lifters – 1 Flight /1 Platform]

## **Sunday, March 06, 2011**

### **IPF Titan Pro Bench Press Bash Championships**

FLT A: All Women – 08 Lifters

FLT B: All Men [59kg to 93kg] – 12 Lifters

FLT C: All Men [105kg to 120+kg] – 12 Lifters

Weigh-in & Equipment Check: 8:00 – 9:30am

Lifting: 10:00am to 12:00pm

Arnold Sports Festival – Convention Center Ballroom E150 to E170

[Scheduled are 32 Lifters – 3 Flights/1 Platform]

### **USAPL Ohio Invitational Bench Press/Deadlift Championships**

FLT A: All Women Lifters + Men 60kg [08 Lifters]

FLT B: All Men 67.5 to 125=kg [08 Lifters]

Weigh-in & Equipment Check: 10:00 – 11:30am

Lifting: 12:00pm to 3:00pm – Convention Center Ballroom E150 to E170

[Scheduled are 25 Lifters – 2 Flights/1 Platform]

Questions pertaining to the schedule – Please contact Robert Keller @

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