

**USA Powerlifting**  
**North American Powerlifting Federation / International Powerlifting Federation**  
**Arnold Sports Festival / Columbus, Ohio / March 1 - 3, 2013**  
**Last Revision/Update: Saturday, February 16, 2013**

**Finalized Timetable of Events**

**Thursday, February 28, 2013**

**ASF Technical/Rules Meeting – All Lifting Sessions (Optional)**

Location: Arnold Sports Festival – Convention Center Ballroom E150 to E170  
4:30 – 5:00pm

**ASF Registration / All Lifters**

Location: Arnold Sports Festival – Convention Center Ballroom E150 to E170  
5:00 – 6:00pm

**Early Equipment Check / Friday Lifters Only**

Location: Arnold Sports Festival – Convention Center Ballroom E150 to E170  
5:00 – 6:00pm

***Note: The championship scale will be available all day on Thursday up to 6:00pm for athletes to check their weight. Afterwards, the scale will be made available in the conference room at the Springhill Suites beginning at 7:30pm.***

**Friday, March 01, 2013**

**NAPF Raw Challenge Powerlifting Championships**

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

**Session I:**

FLT A: Women [43.00kg – 72.00kg]

FLT B: Women/Men [Women 84.00/84.00+kg and Men 59.00 to 74.00kg]

FLT C: Men [83.00kg]

Weigh-in & Equipment Check: 6:00 – 7:30am

Lifting: 8:00am to 12:30pm

Award Presentation: 12:30pm to 1:00pm

[Scheduled are 34 Lifters – 3 Flights/1 Platform]

**Session II:**

FLT D: Men [93.00kg]

FLT E: Men [105.00kg and 120.00kg]

FLT F: Men [120.00+kg]

Weigh-in & Equipment Check: 12:00pm to 1:30pm

Lifting: 2:00pm to 6:30pm

Award Presentation: 6:30 – 7:00pm

[Scheduled are 35 lifters – 3 Flights/1 Platform]

**Early Equipment Check / Saturday Lifters Only**

Location: Arnold Sports Festival – Convention Center Ballroom E150 to E170  
2:00 – 3:00pm

**Saturday, March 02, 2013**

**NAPF Pro American Powerlifting Championships**

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

**Session I:**

FLT A: Women [43.00kg to 84.00+kg]

FLT B: Men [59.00kg to 83.00kg]

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

Lifting: 9:00am to 12:00pm

Award Presentation: 12:00pm to 12:30pm

[Scheduled are 18 Lifters – 2 Flights/1 Platform]

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**Intermission:**

**(NEW) Meet the Pros: 12:30pm – 1:30pm**

**Session II:**

FLT C: Men [93.00kg to 120.00+kg Weight Classes]

Weigh-in & Equipment Check: 12:00pm – 1:30pm

Lifting: 2:00pm to 4:30pm

Award Presentation: 4:30pm to 5:00pm

[Scheduled are 14 Lifters – 2 Flights/1 Platform]

**Early Equipment Check / Sunday Lifters Only**

Arnold Sports Festival – Ballroom E150 to E170

1:00 – 2:00pm

**NAPF GNC Pro-Performance International Pro Deadlift Competition**

Arnold Sports Festival – Arnold Expo Center Stage

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

Lifting: 4:00 to 5:30pm

FLT A: All lifters

Award Presentation: 5:30 to 6:00pm

[Scheduled are 18 Lifters – 1 Flight/1 Platform]

**Sunday, March 03, 2013**

**NAPF Titan Support Systems Pro Bench Press Bash Championships**

Arnold Sports Festival – Convention Center Ballroom E150 to E170

FLT A: Women [43.00kg to 84.00+kg]

FLT B: Men [59kg to 93kg Weight Classes]

FLT C: Men [105kg to 120+kg Weight Classes]

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

Lifting: 10:00am to 12:00pm

Award Presentation: 12:00 to 12:30pm

[Scheduled are 33 Lifters – 3 Flights/1 Platform]

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

Arnold Sports Festival – Convention Center Ballroom E150 to E170

FLT A: All Women [44.00kg to 90.00+kg]

FLT B: Men [52.00kg to 82.50kg]

FLT C: Men [Men 90.00kg to 125.00+kg]

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

Lifting: 1:00pm to 3:00pm – Convention Center Ballroom E150 to E170

Award Presentation: 3:00pm to 3:30pm

[Scheduled are 29 Lifters – 3 Flights/1 Platform]

Questions pertaining to the Schedule of Events, please contact me directly at:

[rhk@verizon.net](mailto:rhk@verizon.net)

Thank you.

Robert Keller  
Technical Secretary  
2013 Arnold Sports Festival