

Powerlifting

Wednesday, July 25, 2018	Set-up
Wednesday, July 25, 2018	Early Weigh-ins 3:30-5:30
Thursday, July 26, 2018	Weigh-ins 7:00 am - 8:30 am
Thursday, July 26, 2018	Rules Briefing – 8:30 am
Thursday, July 26, 2018	Competition 9:00 am

Combine Sports

Thursday, July 26, 2018	Early Weigh-ins 3:30 – 5:00
Friday, July 27, 2018	Weigh-ins 7:00 – 8:30
Friday, July 27, 2018	Rules Briefing – 8:30 am
Friday, July 27, 2018	Competition 9:00 am

Weightlifting

Saturday, July 28, 2018	Weigh-ins (7:00 am – 8:30 am)
Saturday, July 28, 2018	Technical Meeting (8:30 am)
Saturday, July 28, 2018	Competition (9:30 am)