

Detroit Girls Powerlifting Meet Itinerary

1:00PM Release from class
1:15PM Report to facility
1:30PM Depart for Detroit
2:00PM Arrive at Detroit High School

Meet Itinerary

Thursday, Jan. 27, 2022

1:00 to 2:30 PM	Weigh In
2:40 to 3:00 PM	Judge's Meeting in hospitality room/set platforms
3:00 to 3:15 PM	Coach's Meeting in our Library/Lifters can begin warm up
3:15 to 3:30 PM	Set tables
4:00 PM	Lifting begins / no food breaks between lifts...straight thru.

We will return as soon as all lifters and/or awards are finished.

We will provide a dinner ticket for you. The meals consist of Cheeseburger, Hamburger, or 2 Hot dogs with chips, drink, and a cookie. If you want anything on top of that you need to bring cash for the concession stand.