

2017 STATE SUMMER GAMES POWER LIFTING SCHEDULE

Fargo Davies High School

Friday, June 9

9:00 a.m. Coaches Meeting – 2nd Floor Weight Room

9:15 – 9:45 a.m. Athlete Weigh Ins – 2nd Floor Weight Room

10:10 a.m. First Round Warm Ups – 2nd Floor Weight Room

Competition Rounds held in Davies HS Theatre

10:30 a.m. Bench Press Female - F1
- All body weights

10:55 a.m. Bench Press Male – MY1
- All Body weights

11:05 a.m. Bench Press Male – M1
- Body weights 130 LB – 162 LB

11:25 a.m. Bench Press Male – M2
- Body weights 163 LB – 182 LB

11:45 a.m. Bench Press Male – M3
- Body weights 183 LB – 230 LB

12:10 p.m. Deadlift Male – M4
- Body Weights 231 - end

12:35 p.m. Bench Press Male – M5
Masters (40 & older)
- Body weights 231-end

12:55 p.m. Combination Bench Press – M1
- All body weights

Lunch Break-Transition Athletes Warm up for Deadlift competition

1:30 p.m. Deadlift Female – F1
- All body weights

1:55 p.m. Deadlift Male – MY1
- All Body Weights

2:10 p.m. Deadlift Male – M1
- Body Weights 130 LB – 162 LB

2:35 p.m. Deadlift Male – M2
- Body Weights 163 LB – 182 LB

2:55 p.m. Deadlift Male – M3
- Body Weights 183 LB – 230 LB

3:20 p.m. Deadlift Male – M4
- Body Weights 231 - end

3:45 p.m. Deadlift Male – M5
Masters (40 & older)
- Body Weights 231 LB – end