



State Powerlifting and Flag Football Tentative Schedule

FRIDAY, JULY 17

10:00 a.m.	Weigh-in
10:30 a.m.	Coaches and Judges Meeting
11:00 a.m.	General Store
11:00 a.m.	Opening– Athletes should be at their first lifting station
11:15 a.m.	Two-Arm Simultaneous Curl
11:30 a.m.	1 st Lifts
12:30 p.m.	Two-Arm Simultaneous Curl and 1 st Lift Awards
1:00 p.m.	Push-ups
1:15 p.m.	2 nd Lifts
2:15 p.m.	Push-ups and 2 nd Lift Awards
2:45 p.m.	Weightless Squat
3:00 p.m.	3 rd Lifts
4:00 p.m.	Weightless Squat and 3 rd Lift Awards
4:30 p.m.	Combined Awards
5:15 p.m.	Dinner
6:00 p.m.	Dance

SATURDAY, JULY 18

8:00 a.m.	Volunteer Check-in and Training
8:30 a.m.	1 st Games
11:00 a.m.	Lunch
11:30 a.m.	Last Games

Facilities

Robert W. Plaster Center (Flag Football and Powerlifting): 1701 S Homer St, Pittsburg, KS 66762

Carnie-Smith Stadium (Flag Football): 1705 S Joplin St, Pittsburg, KS 66762

Mirza Shrine Center (Dance): 110 W 5th St, Pittsburg, KS 66762