



2009 AAU JUNIOR OLYMPIC GAMES POWERLIFTING

Tentative Schedule

*Hy-Vee Hall C
730 3rd Street, Des Moines, IA*

Friday, July 31

*2:00 pm - 6:00 pm	Athlete Check-In	Veterans Auditorium
3:30 pm - 5:00 pm	Early Weigh-in for Sat	Hy-Vee Hall

Saturday, August 1

*9:00 am – 6:00 pm	Athlete Check-In	Veterans Auditorium
7:00 am - 8:30 am	Regular Weigh-In	Hy-Vee Hall
9:00 am - 12:00 pm	Competition	Hy-Vee Hall
3:30 pm - 5:00 pm	Early Weigh-in for Sun	Hy-Vee Hall
4:00 pm – 5:30 pm	Bench Press Weigh-Ins	Hy-Vee Hall
6:00 pm - 8:00 pm	Bench Press Competition	Hy-Vee Hall

Sunday, August 2

7:00 am - 8:30 am	Regular Weigh-in	Hy-Vee Hall
9:00 am - 5:00 pm	Competition	Hy-Vee Hall

** Athletes should check-in the day prior to competition.*

End times each day are tentative.