

1A/2A REGION 1 DIVISION 3

RACK/FLIGHT ASSIGNMENTS

FLIGHT 1

RACK 1

97's

RACK 2

114's

RACK 3

132's

RACK 4

165's

RACK 5

198's

RACK 6

242/242+

FLIGHT 2

RACK 1

105's

RACK 2

123's

RACK 3

148's

RACK 4

181's

RACK 5

220's

RACK 6

There will be a 10 min. warmup time between fights at each platform.

There will be a small warmup area for bench press and dead lift provided.

There will be a 30 minute break between the last Bench Press and the beginning of Dead Lift.

THESE COULD BE SUBJECT TO CHANGE DEPENDING ON THE NUMBER OF LIFTERS PER DIVISION