

3A REGION 1 DIVISION 3

RACK/FLIGHT ASSIGNMENTS

3A Div. 1

FLIGHT 1

RACK 1

97'S & 105'S

RACK 2

114'S & 123'S

RACK 3

132'S & 148'S

FLIGHT 2

RACK 1

165'S & 181'S

RACK 2

198'S & 220'S

RACK 3

242 & 242+

3A Div. 2

FLIGHT 1

RACK 4

97'S & 105'S

RACK 5

114'S & 123'S

RACK 6

132'S & 148'S

FLIGHT 2

RACK 4

165'S & 181'S

RACK 5

198'S & 220'S

RACK 6

242 & 242+

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