



USA Powerlifting Raw Nationals Schedule


All Events will take place at The Cenntenial Hotel Spokane. Registration will open daily 30 minutes prior to the first weigh in session and remain open until 7pm. Please check in with the registration desk at your earliest convenience to receive your athlete credentials.




Wednesday, October 10, 2018	Early Registration (Athletes, Coaches & Officials)	2pm-8:00pm
	Optional Early Equipment Check	6:00-7:00pm

Thursday, October 11, 2018 	Weigh-in Time	Classes	Start	
	6:00 - 7:30am	Men - 53kg / 59kg / 66kg / 74kg	8:00am	
	12:00 - 1:30pm	Women - 43kg / 47kg / 52kg / 57kg	2:00pm	
	4:00 - 5:30pm	Women & Men - Fear Her Fight Prime Time	6:00pm	
	Awards for all classes on Thursday			9:45pm
	6:00 - 7:30am	Equipment Check - Open to all athletes		
11:30-1:30pm	Equipment Check - Open to all athletes			
3:30-5:30pm	Equipment Check - Open to all athletes			

Friday, October 12, 2018 	7:00 - 8:30am	Women - 63kg	9:00am	
	11:30am - 1:00pm	Men - 83kg	1:30pm	
	4:00 - 5:30pm	Women & Men - A7 Prime Time	6:00pm	
	Awards for all classes on Friday			9:00pm
	7:00 - 8:30am	Equipment Check - Open to all athletes		
	11:00-1:00pm	Equipment Check - Open to all athletes		
3:30 - 5:30pm	Equipment Check - Open to all athletes			

Saturday, October 13, 2018 	7:00 - 8:30am	Men - 93kg	9:00am	
	12:00 - 1:30pm	Women - 72kg	2:00pm	
	4:00 - 5:30pm	Women & Men - Titex Prime Time	6:00pm	
	Awards for all classes on Saturday			9:00pm
	7:00 - 8:30am	Equipment Check - Open to all athletes		
	11:30-1:30pm	Equipment Check - Open to all athletes		
3:30 - 5:30pm	Equipment Check - Open to all athletes			

Sunday, October 14, 2018 	6:00 - 7:30am	Women - 84kg / 84+kg	8:00am	
	10:30am - 12:00pm	Men - 105kg / 120kg / 120+kg	12:30pm	
	4:00 - 5:30pm	Women & Men - TheRealStrength.com Prime Time	6:00pm	
	Awards for all classes on Sunday			9:45pm
	6:00 - 7:30am	Equipment Check - Open to all athletes		
	10:00-12:00pm	Equipment Check - Open to all athletes		
3:30 - 5:30pm	Equipment Check - Open to all athletes			