

# Region 6 4A Division 1 & 2 Regional Powerlifting Meet

DATE: TUESDAY FEB. 25TH
LOCATION: DECATUR HS GYMNASIUM
LIFTING STARTS: 4:00 PM
DETAILS
EARLY WEIGH IN: MON FEB 25TH 5:30-7:30
MEET DAY SCHEDULE
GYM OPENS AT 1:30 (NO ENTRY UNTIL THEN)
WEIGH IN: 2:00-3:30
COACHES MEETING: 3:40
NATIONAL ANTHEM: 3:55
BARS LOADED 4:00