

**USAPL Collegiate National  
Powerlifting Championships  
Baton Rouge, Louisiana / March 27 – 29, 2009  
Last Revision: March 21, 2009**

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**2009 USAPL Collegiate National Powerlifting Championships – Baton Rouge, Louisiana**  
[Finalized Flight Schedule for lifting as of Saturday, March 21, 2009]

Public Notice

Men's 110.00kg/242lb Weight Class has been moved to the Sunday AM Session

**Friday, March 27, 2009 -- Session I**

Weigh-in: 7:00 – 8:30 am

Start-time for lifting: 9:00 am

Note: Two [2] Scales for weigh-in

Platform I

Flight A: Women 97 - 114 / 13 Lifters

Platform II

Flight B: Men 114 – 123 / 11 Lifters

Flight C: Men 132 / 08 Lifters

**Friday, March 27, 2009 -- Session II**

Weigh-in: 12:00 – 1:30 pm

Start-time for lifting: 2:00 pm

Note: Two [2] Scales for weigh-in

Platform I

Flight A: Women 123 / 09 Lifters

Flight B: Women 132 / 11 Lifters

Platform II

Flight C: Men 148 / 11 Lifters

Flight D: Men 148 / 11 Lifters

**Saturday, March 28, 2009 -- Session I**

Weigh-in: 7:00 – 8:30 am

Start-time for lifting: 9:00 am

Note: Two [2] Scales for weigh-in

Platform I

Flight A: Women 148 / 08 Lifters

Flight B: Women 165 / 09 Lifters

Platform II

Flight C: Men 165 / 10 Lifters

Flight D: Men 165 / 11 Lifters

**Saturday, March 28, 2009 -- Session II**

Weigh-in: 12:00 – 1:30 pm

Start-time for lifting: 2:00 pm

Note: Two [2] Scales for weigh-in

Platform I

Flight A: Men 181 / 12 Lifters

Flight B: Men 181 / 12 Lifters

Flight C: Men 181 / 13 Lifters

Platform II

Flight D: Men 198 / 10 Lifters

Flight E: Men 198 / 11 Lifters

**Sunday, March 29, 2009 -- Session I**

Weigh-in: 7:00 – 8:30 am

Start-time for lifting: 9:00 am

Note: Two [2] Scales for weigh-in

Platform I

Flight A: Women 181/198/198+ / 11 Lifters

Flight B: Men 220 / 16 Lifters

Platform II

Flight C: Men 242 / 08 Lifters

Flight D: Men 242 / 09 Lifters

**Sunday, March 29, 2009 -- Session II**

Weigh-in: 12:00 – 1:30 pm

Start-time for lifting: 2:00 pm

Note: Two [2] Scales for weigh-in

Platform I

Flight A: Men 275 / 13 Lifters

Platform II

Flight B: Men SHW / 11 Lifters

Key

(I) = IPF Cat I Referee / (II) = IPF Cat II Referee / (N) = National Referee / (S) = State Referee