

WDFPF Single Event Championships

June 7-9, 2019

JFK Community Center

515 S Alvasia St

Henderson, KY 42420

Please note: Food, drink, and snacks will be available for purchase at the venue. Parking is located at the lower end of the lot, near the basketball goals (enter from Alves St) as well as to the side of the building (enter from S. Alvasia St.). The parking lot at the entrance (from Vine St) is reserved for meet workers and to drop off/pick up lifters ONLY).



There is a \$5/person spectator fee (\$10 for all three days), lifter obviously not included.

Schedule (all times are Central Standard Time)

June 7, 2019 Squat Competition

Weigh-ins: 12:00 (noon) – 1:00 pm, Re-weighs 1:00pm – 1:30pm

*Note: you must be present by 1pm for initial weigh in.

Start of Competition: 3pm

Anticipated awards ceremony: 5:45pm

June 8, 2019 Bench Press Competition

Weigh-ins: 7am – 8:00 am, Re-weighs 8:00am – 8:30am

*Note: you must be present by 8am for initial weigh in.

Start of Competition: 10:00am

Anticipated awards ceremony: 4:30 pm

June 9, 2019 Deadlift Competition

Weigh-ins: 7am – 8:00 am, Re-weighs 8:00am – 8:30am

*Note: you must be present by 8am for initial weigh in.

Start of Competition: 10:00am

Anticipated awards ceremony: 2:45 pm