

Rules briefings will be held at 8:15 A. M. each day

Wednesday, November 18: Day 1

Bench Press:	9:00 A.M. 10:00 A.M. 11:00 A.M. 12:00 P.M.	All Master Women 61+ All Master Men 75+ All Master Men 61-74 Trophy Presentation for Benchers of the Day
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Dead Lift:	1:00 P.M. 2:00 P.M. 3:00 P.M. 4:00 P.M.	All Master Women 61+ All Master Men 75+ All Master Men 61-74 Trophy Presentation for All Dead Lifters of the Day and Push Pull Lifters of the Day
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Thursday, November 19: Day 2

Bench Press:	9:00 A.M. 10:00 A.M. 11:00 A.M. 12:00 P.M. 1:00 P.M.	<u>Class 1 Women</u> Class 1 Men All Master Women 54—60 All Master Men 54-60 Trophy Presentation for All Benchers of the Day
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Dead Lift:	2:00 P.M. 3:00 P.M. 4:00 P.M. 4:45 P.M. 5:30 P.M.	<u>Class 1 Women</u> Class 1 Men All Master Women 54-60 All Master Men 54-60 Trophy Presentation for All Dead Lifters of the Day and Push Pull Lifters of the Day
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Friday, November 20: Day 3

Bench Press:	9:00 A.M. 10:00 A.M. 11:00 A.M. 12:00 P.M. 1:00 P.M.	Master Women 47-53 and <u>Submaster Women</u> Master Men 47-53 All Law-Fire Women and <u>Submaster Men</u> All Law-Firemen Trophy Presentation for All Benchers of the Day
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Dead Lift:	2:00 P.M. 2:45 P.M. 3:30 P.M. 4:15 P.M. 5:00 P.M.	Master Women 47-53 and <u>Submaster Women</u> Master Men 47-53 All Law-Fire Women and <u>Submaster Men</u> All Law-Firemen Trophy Presentation for All Dead Lifters of the Day and Push Pull Lifters of the Day
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Saturday, November 21: Day 4

Bench Press:	9:00 A.M. 10:00 A.M. 11:00 A.M. 12:00 P.M. 1:00 P.M.	Master Women 40-46 and <u>Junior Women</u> Open Women and <u>Junior Men</u> Master Men 40-46 Open Men Trophy Presentation for All Benchers of the Day
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Dead Lift:	2:00 P.M. 2:45 P.M. 3:30 P.M. 4:15 P.M. 5:00 P.M.	Master Women 40-46 and <u>Junior Women</u> Open Women and <u>Junior Men</u> Master Men 40-46 Open Men <i>Trophy Presentation for All Dead Lifters of the Day and Push Pull Lifters of the Day</i>
<u>Sunday, November 22: Day 5</u>		
Bench Press:	9:00 A.M. 10:00 A.M. 11:00 A.M. 12:00 P.M.	All Teen Women and <u>Teen Men 12-15 and Special Olympians</u> Teen Men 16-19 <u>All Disabled 1 and Disabled 2 Men and Women</u> <i>Trophy Presentation for All Benchers of the Day</i>
Dead Lift	1:00 P.M. 2:00 P.M. 3:00 P.M. 4:00 P.M.	All Teen Women and <u>Teen Men 12-15 and Special Olympians</u> Teen Men 16-19 <u>All Disabled 1 and Disabled 2 Men and Women</u> <i>Trophy Presentation for All Dead Lifters of the Day and Push Pull Lifters of the Day</i>