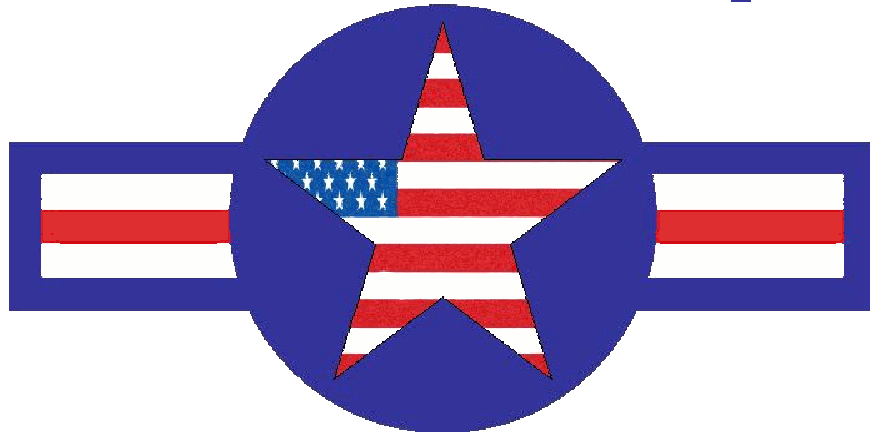


# 2009 USA Powerlifting



## American Open Championships

**Schedule is only tentative and is subject to change later. Please check back regularly to ensure nothing has changed. Schedule will not change day of lifting.**

**Bench Only lifters will lift with their respective weight classes. Scheduled times are listed below.**

**Saturday December 5, 2009**-Two lifting sessions

**7 a.m.** Weigh-ins for 123-148 weight classes

**9 a.m.** Lifting starts for 123-148 weight classes

**11 a.m.** Weigh-ins for 165-181 weight classes

**1 p.m.** Lifting starts for 165-181 weight classes

**Sunday December 6, 2009**-Three lifting sessions

**7 a.m.** Weigh-ins for 198 weight class

**9 a.m.** Lifting starts for 198 weight class

**11 a.m.** Weigh-ins for 220-242 weight classes

**1 p.m.** Lifting starts for 220-242 weight classes

**3 p.m.** Weigh-ins for 275-SHW weight classes

**5 p.m.** Lifting Starts for 275-SHW weight classes