

## **FRCF Fall Weightlifting Meet Schedule:**

### **Saturday Nov 10th:**

#### **Session 1:**

9:00 AM - Session 1 check in.

11:00 AM - 1:00 PM - Session 1 lifts.

Awards - during break of session 2

#### **Session 2:**

11:00 AM - Session 2 check in.

1:00 PM - 3:00 PM - Session 2 lifts.

3:15 PM - Awards

### **Sunday Nov 11th:**

#### **Session 3:**

9:00 AM - Session 4 check in.

11:00 AM - 1:00 PM - Session 4 lifts.

Awards - during break of session 5

#### **Session 4:**

11:00 AM - Session 5 check in.

1:00 PM - 3:00 PM - Session 5 lifts.

Awards - during break of session 6

#### **Session 5:**

1:00 PM - Session 6 check in.

3:00 PM - 5:00 PM - Session 6 lifts.

5:15 PM - Awards