

NORCAL POWERLIFTING OPEN

Sunday, April 14, 2019



MANDATORY RULES BRIEFING 7:30 AM

Sanctioned by: NORCAL POWERLIFTING FEDERATION

Event Site: Crowne Plaza Hotel– 45 John Glenn Drive, Concord, CA 94520 – (925) 825-7700.

Registration/Weigh-ins/Gear Check:

Friday Night Weigh-ins & Mandatory GEAR Check: Friday, April 12, 2019 from 4 pm - 7 pm at Raw Sports Performance Gym, 1543 Palos Verdes Mall, Walnut Creek, CA.

Saturday Weigh-ins & Mandatory GEAR Check: Saturday, April 13, 2019 from 12:00 pm – 4:00 pm at Raw Sports Performance Gym.

Sunday Weigh-ins & Mandatory GEAR Check: By Appointment ONLY. Please call 925-930-0519 for eligibility.

Rules Briefing: 7:30 AM: **MANDATORY EVENT RULES BRIEFING and DRUG TESTING!**

Lifting Starts: At approximately **8:00AM**.

Spectator Fee: \$10 (10 and under – Free)

Event Questions?: Email: NorCallifting@gmail.com or call (925) 930-0519.

Accommodation: CROWNE PLAZA HOTEL, CONCORD, (925)825-7700. Ask for Kathy Jackson for Special Room rate (limited number of rooms).