

WPC COMPETITION GUIDELINES

Competition Day Schedule:

8:00 AM - Registration Opens
9:00 AM - Weigh-ins Begin
10:00 AM - Equipment Check
11:00 AM - Competition Begins

What to Bring:

- Valid ID and Registration
- Competition Attire
- Lifting Equipment
- Water and Snacks

Awards Ceremony:

Top 3 in each category will receive awards