

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