Powerlifting meet checklist

Use your federation's rules and your event instructions.

Federation / meet

Date / venue

Weigh-in details

Flight / lifting time

Documents and timing

- [ ] Entry confirmation and current membership requirements
- [ ] Identification required by the organiser
- [ ] Travel, parking and venue access
- [ ] Weigh-in and equipment-check instructions
- [ ] Coach or handler access arrangements

Competition equipment

- [ ] Check the current rules for your division
- [ ] Check each clothing and equipment item against the approved list where applicable
- [ ] Pack the footwear and clothing you have verified
- [ ] Confirm rack-height and opening-attempt submission procedures
- [ ] Bring your own attempt notes

At the venue

- [ ] Read the latest schedule and flight changes
- [ ] Confirm the warm-up area and timing
- [ ] Check personal belongings before leaving
- [ ] Keep a copy of your recorded attempts

My additions

Requirements differ by federation and meet. The organiser and current rulebook take precedence.

This checklist does not provide weight-cutting, nutrition or attempt-selection advice.