



**3RD STRONGIRLS JAPAN
STRENGTH FESTIVAL**
2024 9.14&15 TOKYO JAPAN

**DAY 1
EVENT
SCHEDULE**

Weigh ins 9:30~

Group A 9:30~、Group B 10:00~、Group C 10:30~、Names will be called by lot number. Weigh ins will be on the 7th floor of the building.

Entrance 11:00

All spectators/ handlers will need to buy a ticket at the door. If you are an athlete, you will be able to enter the venue from 11:00.

Opening Ceremony 11:15

SQUAT 11:30

GROUP	SQUAT START TIME	WARMING UP START TIME
A	11:30	11:00
B	12:00	11:30
C	12:30	12:00

BREAK GAMES : BINGO! 13:00~14:00

BENCH PRESS 14:00

GROUP	BENCH START TIME	WARMING UP START TIME
A	14:00	13:30
B	14:30	14:00
C	15:00	14:30

BREAK GAMES/ WORDS FROM SPONSORS 15:30~16:30

DEADLIFT 16:30

GROUP	DEADLIFT START TIME	WARMING UP START TIME
A	16:30	16:00
B	17:00	16:30
C	17:30	17:00

CLOSING/MEDALS 18:15



Weigh ins 9:30~

Group D 9:30~、Group E 10:00~、Group F 10:30~、Names will be called by lot number. Weigh ins will be on the 7th floor of the building.

Entrance 11:00

All spectators/ handlers will need to buy a ticket at the door. If you are an athlete, you will be able to enter the venue from 11:00.

Opening Ceremony 11:15

SQUAT 11:30

GROUP	SQUAT START TIME	WARMING UP START TIME
D	11:30	11:00
E	12:00	11:30
F	12:30	12:00

BREAK GAMES : BINGO! 13:00~14:00

BENCH PRESS 14:00

GROUP	BENCH START TIME	WARMING UP START TIME
D	14:00	13:30
E	14:30	14:00
F	15:00	14:30

BREAK GAMES/ WORDS FROM SPONSORS 15:30~16:30

DEADLIFT 16:30

GROUP	DEADLIFT START TIME	WARMING UP START TIME
D	16:30	16:00
E	17:00	16:30
F	17:30	17:00

CLOSING/MEDALS 18:15

FREQUENTLY ASKED QUESTIONS

Q

How do I register my rack height?

You will measure your rack height for the squat and bench before the competition starts. When you have completed weigh ins, please write the height on the athlete registration sheet(given to you during weigh ins) and hand it in to staff in charge of GOODLIFT.

Feel free to ask the staff at the venue!

Q

How do I register my attempt numbers?

You will register your first attempts during weigh ins, however the second and third attempts will be registered by filling in the attempt card and handing it in to GOODLIFT. You can chose the weight in 2.5kg increments. If you fail a lift, you will NOT be able to lower your next attempt so be careful!

Q

What do I wear for weigh ins?

You can wear your underwear (or naked). However you are also permitted to wear light clothing if you feel uncomfortable

Q

What should I wear during the competition?

It is recommended to wear a singlet, however it is not mandatory to do so. Instead, it is permitted to wear a tight fit T shirt and shorts that go above your knees.

Q

How do I warm up?

You will begin warm ups 30 mins before your turn. You will share 2 racks amongst athletes in your group. There will be staff dedicated specifically for warm ups so feel free to ask!

STRONGIRLS

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