

YOUR FIRST MEET. THE JOBS IN ORDER.

01 BEFORE MEET WEEK

- ☐ Confirm the event, federation, venue, date and entry status.
- ☐ Read the current rules for membership, weigh-in, kit and equipment.
- ☐ Practise the commands used by your federation.
- ☐ Agree opener ideas and backup choices with your coach.
- ☐ Record rack heights and bench safety settings.
- ☐ Plan travel, parking, check-in time and who is handling you.

02 PACK THE BAG

- ☐ Photo ID, membership proof and event information.
- ☐ Singlet, approved T-shirt, socks and underwear.
- ☐ Squat/deadlift shoes and bench shoes if different.
- ☐ Belt, wrist wraps and knee sleeves if you use them.
- ☐ Water, familiar food, salt and caffeine only as already practised.
- ☐ Phone, charger, headphones and warm layers.
- ☐ Tape, toiletries and a spare change of clothes.

03 MEET-DAY ORDER

- ☐ Arrive with time to register and settle in.
- ☐ Complete equipment check and confirm rack heights.
- ☐ Weigh in, then eat and drink according to the plan you practised.
- ☐ Find the warm-up room and identify the flight/order.
- ☐ Start warm-ups from the planned clock, not from panic.
- ☐ Give attempts on time and confirm every change was received.
- ☐ After each lift, record the result and move to the next job.

04 COMMON IPF-STYLE COMMANDS

SQUAT	Squat / Rack
BENCH	Start / Press / Rack
DEADLIFT	Down

Check the exact rules and commands for your event.

WRITE THE PLAN. KEEP THE HEAD CLEAR.

05 ATTEMPT PLAN

LIFT	OPENER	SECOND	THIRD
SQUAT			
BENCH			
DEADLIFT			

06 WARM-UP NOTES

SQUAT SET / LOAD / TIME

BENCH SET / LOAD / TIME

DEADLIFT SET / LOAD / TIME

07 PEOPLE AND TIMINGS

COACH / HANDLER

WEIGH-IN TIME

EMERGENCY CONTACT

LIFTING STARTS

08 ONE USEFUL REMINDER

THE NEXT ATTEMPT IS THE ONLY JOB.

No perfect day required. Follow the order, communicate and keep moving.