

FIRST POWERLIFTING MEET CHECKLIST



A PRACTICAL GUIDE TO YOUR FIRST COMPETITION

Be prepared. Plan smart. Lift confidently.

Competing in your first powerlifting meet is exciting, but the day can feel complicated when you do not know what happens next. This guide turns the basics into a short, practical plan you can print, write on and bring with you.



PREPARE	PLAN	EXECUTE	ENJOY
Know the rules and timetable.	Write down attempts and warm-ups.	Stay organised and adjust.	Learn from the experience.

A little preparation goes a long way. Know the rules, plan your attempts and focus on what you can control.

This guide is independent and educational. Always follow the current rules, timetable and instructions for your actual federation and competition.

KEY THINGS TO KNOW

The organiser and federation are the final authority for your event. Use this page to make sure you know where to find the information that matters.

- [] Read the event invitation and competition timetable.
- [] Check the federation's current technical rules and commands.
- [] Confirm your division, weight class and equipment category.
- [] Check registration, payment and nomination deadlines.
- [] Know the venue, travel plan, arrival time and weigh-in time.
- [] Confirm which personal equipment is permitted.
- [] Practise the competition commands before meet day.
- [] Write down realistic opening attempts.

KNOW YOUR NUMBERS

	Squat	Bench	Deadlift
Recent single	_____	_____	_____
Opener	_____	_____	_____
Second	_____	_____	_____
Possible third	_____	_____	_____

Your third attempt is a plan, not a promise. Reassess after every lift.

Meet goal & key numbers

DECIDE WHAT SUCCESS LOOKS LIKE

A first meet does not need one universal definition of success. Choose a goal that keeps your decisions clear.

- ☐ Get a successful total
- ☐ Go 9/9
- ☐ Set a competition PR
- ☐ Reach a target total
- ☐ Learn the competition process
- ☐ Enjoy my first meet

My target total:

My bodyweight:

My weight class:

Weigh-in time:

Flight / session:

SQUAT

Best successful lift

BENCH

Best successful lift

DEADLIFT

Best successful lift

BEST SQUAT + BEST BENCH + BEST DEADLIFT = TOTAL

Keep the goal simple enough that it helps your attempt decisions instead of distracting from them.

Packing checklist

PACK THE NIGHT BEFORE

Use this as a starting list, then add anything specifically required by your event.

COMPETITION ESSENTIALS

- ☐ Photo ID and required athlete documents.
- ☐ Singlet and required competition shirt.
- ☐ Belt, wrist wraps and knee sleeves/wraps if used.
- ☐ Deadlift socks and suitable footwear.
- ☐ Water bottle and familiar food.
- ☐ Phone, charger / power bank.
- ☐ Attempt plan and pen.

USEFUL EXTRAS

- ☐ Warm clothing and spare socks.
- ☐ Small towel and hygiene items.
- ☐ Headphones if they help you focus.
- ☐ Backup small items that are easy to lose.

Do not assume equipment is legal because you have used it in the gym. Check the equipment rules for your federation.



Meet-day flow

KNOW WHAT HAPPENS NEXT

1	ARRIVE Find registration, weigh-in and warm-up areas.
2	WEIGH IN Follow the organiser's procedure and confirm required details.
3	RESET Eat, drink and settle in using familiar routines.
4	WARM UP Time warm-ups around the flight and platform.
5	SQUAT Complete your attempts and reassess after each one.
6	BENCH Repeat the process and stay alert for commands.
7	DEADLIFT Finish the total and make the final decisions.
8	AFTER Record your result and enjoy the experience.

Exact timings and procedures vary by federation and event. Keep the official meet information accessible throughout the day.

Choosing your attempts

A SIMPLE STRATEGY

Treat your attempt plan as a decision framework rather than three fixed numbers. Your next attempt should respond to what just happened on the platform.

1 OPENER	A dependable competition-standard lift that gets a successful result on the board.
2 SECOND	Build your total. Adjust the jump according to how the opener actually moved.
3 THIRD	Push toward your goal when appropriate, while considering the previous attempt and your objectives.

AFTER EVERY ATTEMPT

- ☐ Was it successful under the commands and judging standard?
- ☐ Did it move as expected?
- ☐ Was the issue strength, technique, command or execution?
- ☐ Does the planned next jump still make sense?

Free tool: powerlifting-calculator.com/powerlifting-attempt-planner/



SCAN
ATTEMPT
PLANNER

Warm-up worksheet

PLAN IT, THEN ADAPT

Lift	Warm-up 1	Warm-up 2	Warm-up 3	Warm-up 4	Opener
Squat					
Bench					
Deadlift					

Warm-ups should prepare you for the opener without becoming a second workout. Use familiar jumps and adjust timing to the actual pace of the meet.

RACK / SETUP NOTES

[] Squat rack height: _____

[] Bench rack height: _____

[] Other setup notes: _____

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Meet card

TRACK ALL NINE ATTEMPTS

	1st attempt	2nd attempt	3rd attempt	Best
SQUAT				
BENCH				
DEADLIFT				

BEST SQUAT

BEST BENCH

BEST DEADLIFT

MEET TOTAL: _____

Bodyweight: _____ Weight class: _____ Score used by event: _____

NOTES

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Meet-day quick reference

ONE PAGE TO KEEP ON YOUR PHONE OR CLIPBOARD

Fill this in before the meet. Screenshot this page or print it and keep it with your attempt card.

Venue / room:

Weigh-in:

Lifting starts:

Flight / group:

Squat rack height:

Bench rack height:

Warm-up start:

MY 9 ATTEMPTS

	1st	2nd	3rd
SQUAT			
BENCH			
DEADLIFT			

Best squat:

Best bench:

Best deadlift:

Final total:

ONE REMINDER FOR MYSELF:

After the meet

RECORD, REFLECT, IMPROVE

Your meet is useful data. Record the result while the details are still fresh, then decide what to carry forward.

Best squat:

Best bench:

Best deadlift:

Competition total:

Bodyweight:

DOTS / event score:

3 THINGS THAT WENT WELL

1

2

3

ONE THING TO IMPROVE

NEXT GOAL



CALCULATE YOUR RESULT

Use the free calculators to review your total and bodyweight score.

[POWERLIFTING-CALCULATOR.COM](https://powerlifting-calculator.com)

Final checklist

READY TO ENJOY THE EXPERIENCE

- ☐ I know exactly when and where I need to arrive.
- ☐ My required documents and equipment are packed.
- ☐ I have realistic opening attempts.
- ☐ I know my rack / setup information.
- ☐ I have familiar food and fluids ready.
- ☐ I know the meet-day timetable.
- ☐ I have read the rules for my actual federation and event.
- ☐ I am ready to learn from the experience.

CALCULATE. PLAN. LIFT. IMPROVE.

Keep the guide. Use the free tools when you need the numbers.

FREE TOOLS - SCAN & OPEN

Attempt Planner



Plan all 9 attempts

Weight Classes



Check your class

Calculators



Calculate scores

Attempt Selection



Learn the strategy

Guides



Read practical guides

Methodology



Check formulas

KEEP THIS GUIDE WITH YOUR MEET BAG

The calculators and worksheets are planning references. Official federation rules, event instructions and meet officials determine competition procedures and results.