



REMINDER - March 8th at 11:59 PM EST is the deadline to declare weight class changes.

What happens if you do not make weight?
You will lift in the same registered session as a guest lifter and not be eligible to place.

How do I change a weight class?

1. Go to register.usapowerlifting.com
2. Log in with the email account used to register.
3. Select your event > Select Update Weight Class > Save Weight Class Change

How do I withdraw?

1. Go to register.usapowerlifting.com
2. Log in with the email account used to register.
3. Select your event > Select Withdraw From Event > Confirm > Click Withdraw From Event

As a reminder, entries are non-refundable. 100% of the entry funds are put into the production of this event.

MEDICATION, PREWORKS & DRUG TESTING

It is important to remember that our events are drug tested. If you take ANY medication for any reason (*including ADHD meds*), you must verify if it if your medication is permitted or prohibited in competition.

Step 1: Verify medications here: www.globaldro.com/US/search
Enter: Athlete > Weightlifting > then your medication.

Step 2: If prohibited in competition, a TUE ([Therapeutic Use Exemption](#)) application must be submitted to the National Office.

ADHD Meds: If taking ADHD medications, you will need to follow the information on this document ([ADHD CHECKLIST](#)) *prior* to sending your TUE application to the National Office.

Additionally, many pre-workouts contain prohibited substances, whether declared on the ingredient labels or a hidden (contaminated) substance within the product. You as the athlete are responsible for what you put in your body and may cause a failure, which happened a few years ago at one of our National events. Consumer beware and only use products that are third party tested to help protect yourself.

These links provide supplements that have been third party tested:

- [Informed Choice](#)
- [Informed-Sport](#)
- [NSF Certified Products for Sport®](#)

COACHES WARM-UP ROOM PASS



Warm-up Room Pass can be purchased up to the weigh in session for your flight.

Coach passes are limited to the following:

- Raw lifters - 1 coach
- Equipped lifters - 2 coaches
- Registered Nationals Teams - includes 2 free coach passes.
This is in addition to the Raw/Equipped coach limits set above.

All coaches must be current USA Powerlifting members.



SPECTATOR TICKETS

Spectator Tickets are now available here:

- [Teen/HS Nationals](#)

EVENT PHOTOGRAPHY



With only a few weeks left, we are excited to announce our involvement in this year's event. We 'Powerlifting North America' will be providing professional photography and videography!

Purchase Link for Photography and Videography :

**To View Samples: [Click Here](#)
To Purchase Highschool Teen Nationals : [Click Here](#)**

**** Please note, videography is limited to 50 for highschool/teen ****

At the event, we will have a table to sign in, purchase PNA merch, and answer any questions you may have. Looking forward to seeing you all. I cannot stress how amazing this event is going to be. We love coming out and hope to continue providing more to powerlifters and the powerlifting community.



USA Powerlifting | [Email](#) | usapowerlifting.com

