

Equipment Checklist for Single-Platform Meet

Platform:

- four or six sheets of 4' x 8' plywood (preferably ¾ inch thick) and one 2" x 4" (and screws/nails)
- drill, hammer, wrenches, duct tape, and any other necessary tools
- 8' x 8' carpet (and carpet tacks, staples, or screws); stair edging or similar
- light system and red and white cards/flags (in case of light system failure)
- competition squat rack and bench (must conform to IPF/USAPL specifications) and BP foot blocks
- competition bar, collars, weight trees, and kilogram plates
- chalk and chalk bowl
- deadlift jack
- extra pair of collars (in case a collar breaks) and extra bar (in case primary bar gets damaged)
- wire brush, bleach, towels, bucket, chemical gloves, and other cleaning supplies
- loading charts (in case of computer failure) and referee failure cards (i.e., red, blue, yellow cards)
- large TV monitors (with HDMI ports) and means to elevate them (e.g., TV tower, plyo boxes, etc.)
 - minimum of two TVs: scoreboard (preferably 60"+) and light system (preferably 40-50")
 - additional monitors may be needed for warmup and staging areas at meet director's discretion
 - enough laptops to run all monitors

Scoring table:

- at least two laptop computers (at least one should have HDMI port or adaptor)
- several extension cords, power strips, HDMI cables (and splitter if necessary), gaffer tape
- pens, pencils, clip boards, scrap paper, calculator(s), stopwatch, stapler, paper clips, tape, scissors, etc.
- pound-kilogram conversion charts (if using kilos) and attempt cards (if they will be used at the meet)
- several 6- or 8-foot tables (with tablecloth or covering) and several chairs
- sound system (microphone and speakers) and music
- first aid kit and rubber gloves
- current IPF and USAPL rulebooks
- drug testing kits (enough so at least 10% of lifters can be tested) and testing procedures manual
- drug testing forms/paperwork (USAPL athlete notification and lab custody control forms)
- National Anthem (either audio tape or live singer)

Other:

- warmup area equipment (racks/benches, bars, collars, plates, chalk/bowl, deadlift jack, chairs, etc.)
 - minimum of 3 benches, 3 squat racks, 3 deadlift platforms, 3 bars, and sufficient weight
- currently (within 24 months) certified scale (and scale certification/date); surface for scale (2x2 wood)
- hand stamp or wrist bands for admissions
- membership applications and sales log (*not necessary if all memberships confirmed before meet*)
- waiver/release forms to be signed by EVERY individual working/volunteering/competing at the meet
 - *not necessary if all waiver/release forms submitted online and confirmed before meet*
- trophies/awards, meet T-shirts, and meet programs
- list of allowed powerlifting equipment, metric tape measure, and tape (for equipment check table)
- banners, flags, posters (for platform), large USA Powerlifting pop-up banners
- meet photographer and/or videographer (if applicable)
- food and drink for volunteers and lifters
- chairs and tables for various stations and chairs for the audience and lifters
- score cards and other sheets (e.g., rack heights, equipment check, registration)
- opening attempt/rack height cards (*not necessary but makes things go much faster*)
- extra singlets, knee-length socks, and T-shirts (in case lifters forget)
- one or two ladders, tarp(s) for baby powder, vacuum cleaner
- cash boxes for admissions and membership sales (and enough starting cash to make change)