

## Little Falls Invite

12/13/25

**Location:** Little Falls Middle School, 1000 1st Ave NE, Little Falls, MN 56345

**Lifts Contested:** Snatch and Clean & Jerk (USAW rules)

**Eligibility:** USA Weightlifting Members (Youth/Juniors) to qualify for MN Last Chance, MN State Meet, and/or USAW Nationals. MN athletes must be affiliated with a MN high school.

**Meet Director:** Nick Abbott [nabbott@lfalls.k12.mn.us](mailto:nabbott@lfalls.k12.mn.us)

**Lifter Entry Fee:** \$25 Pay when you check in (Cash or Check)

**Make Check Payable to:** LF Community Services

**Lifters must be Registered by Wednesday, December 10**

**Final Start List will be out Thursday, December 11 by 8pm.**

**Admission - \$5 Students K-12 | \$5 Seniors 65+ | \$7 Adults**

Enter the Middle School through door 19 on the West side of the building closest to the parking lot.

**Check-in:** Upon arrival, check in with your documents at the lifter's check-in table by admission table. Pay Fee \$30..

2 forms of ID are required: USAW card or screenshot; and one of the following: driver's license, passport, birth certificate, ect

Very basic concession stand. Subway, Burger King, Sanchez Burrito (similar to Chipolte), and Caribou right across the street from school.

There will be 10 warm up stations. Schools will be assigned to platforms for each session.

## **FULL SCHEDULE**

### **SATURDAY (3 sessions, 2 platforms)**

Weigh In times will remain the same, but start times may vary due to the pace of the meet.

Please share with your lifters/families/others.

**Session 1 Weigh in 7:30-8:30am Lift at 9:30am - JV & Varsity Girls**

Session 2 Weigh in 9:45-10:45am Lift 11:45am - JV Boys

**Session 3 Weigh in 12:00-1:00pm Lift at 2:00pm - Varsity Boys**

Registration and weigh in times are final. All session start, awards, and introduction times are subject to change. Times will never be moved to an earlier time, but may be moved to a later time depending on the speed of the meet. The make up of the sessions may change a bit depending on numbers.

## Location

Little Falls Middle School

1000 1st Ave NE

Little Falls, MN 56345

Parking - Please park on the West side of the building and enter the building through door #19

