MEET DAY READINESS AND MINDSET

Coach Jeff Harwell

OBJECTIVES

1. Understand the Key Steps to a Smooth and Successful Meet Day

2. Develop an Effective Attempt Selection Strategy

3. Master Warm-Up Timing, Gear Readiness, and Flight Awareness

4. Build a Resilient Meet Day Mindset

CHOOSING YOUR FEDERATION

- **Popular Feds: USAPL, PA, USPA, PLU**
- **Rule Differences:**
- **USAPL/PA/IPF: 2-hr weigh-in, strict judging (pause/squat depth)**
- **USPA: 24-hr weigh-in, less strict**
- **Training Environment:**
- **Combo racks vs. mono**
- **Equipment difrrences**

WEIGHT CLASSES & CUTTING

- Should You Cut Weight?
- Stay Strong, Stay Healthy
- Pick a class you feel strong and mobile in
- Sheiko-Based Height Class Chart
- “Being comfortable in your weight class beats being weak at a lower one.”

Boris Sheiko's Recommendations			
Metric Units (exact)		Imperial Units (rounded)	
Height (cm)	Weight Class	Height (in)	Weight Class
145cm +/- 3cm	52kg	4'9" +/- 1.25"	115lbs
149cm +/- 3cm	56kg	4'10.75" +/- 1.25"	123lbs
155cm +/- 2.5cm	60kg	5'1" +/- 1"	132lbs
160cm +/- 2cm	67.5kg	5'3" +/- 0.75"	149lbs
164cm +/- 2cm	75kg	5'4.5" +/- 0.75"	165lbs
168cm +/- 2cm	82.5kg	5'6.25" +/- 0.75"	182lbs
171cm +/- 2cm	90kg	5'7.25" +/- 0.75"	198lbs
174.5cm +/- 2cm	100kg	5'8.75" +/- 0.75"	220lbs
177.5 +/- 2cm	110kg	5'10" +/- 0.75"	243lbs
180cm+	110kg+	5'11"+	Unlimited

ATTEMPT SELECTION STRATEGY

- Plan A vs. Plan B for each lift
- Plan for good AND bad days
- Attempt Goals:
- Opener: 89–91% (RPE 7.5)
- Second: 94–98% (RPE 8.5–9)
- Third: 98–102% (RPE 9.5–10)
- Momentum > Big PR swings

Current 1RMs												
	LBS	KGS				LBS	KGS				LBS	KGS
Squa		0			Benc		0			Dead		0

Competition Squat				
	LBS	KGS	%1R	Not
Opener				
Safe	0	0	89%	
Stro	0	0	91%	
Rea	0	0	92%	
Second				
Safe	0	0	92%	
Stro	0	0	94%	
Rea	0	0	96%	
Third				
Safe	0	0	98%	
Stro	0	0	100%	
Rea	0	0	102%	
FINA				

Competition Bench Press				
	LBS	KGS	%1R	Not
Opener				
Safe	0	0	89%	
Stro	0	0	91%	
Rea	0	0	92%	
Second				
Safe	0	0	92%	
Stro	0	0	94%	
Rea	0	0	96%	
Third				
Safe	0	0	98%	
Stro	0	0	100%	
Rea	0	0	102%	
FINA				
SUB	***0***	***0***		

Competition Deadlift				
	LBS	KGS	%1R	Not
Opener				
Safe	0	0	89%	
Stro	0	0	91%	
Rea	0	0	92%	
Second				
Safe	0	0	92%	
Stro	0	0	94%	
Rea	0	0	96%	
Third				
Safe	0	0	98%	
Stro	0	0	100%	
Rea	0	0	101%	
Rea	0	0	102%	
FINA				
TOT	***0***	***0***		

MEET DAY GEAR CHECKLIST

Approved singlet, t-shirt, briefs

Belt, sleeves, wraps

Lifting shoes, long socks

Chalk, ammonia, ID, membership card

Snacks, water, tape, lacrosse ball, bands, foam roller, etc

WARM-UP TIMING & FLOW

- Timing Windows:
- Movement: 50–60 min before flight
- Squat: last warm-up 5–8 min before attempt
- Bench: 30–35 min window
- Deadlift: 25–30 min out
- Tips:
- Pair up with similar lifters
- Write down warm-ups ahead (plates & reps)
- Practice timing in training
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MENTAL PREPARATION

Visualize Everything:

Unrack, descent, pause, lockout

Expect Problems:

Delays, misloads, noisy environment

Mental Cues:

Breathe, trust your training, stay present

Don’t chase numbers — build your total

“If you’re not nervous, you’re not ready.”

— Coach Jeff