

GEORGIA POLICE AND FIRE GAMES

POLICE AND FIRE POWERLIFT

This event will be held Friday June 23 at Gold Gym located at Walnut Square Mall.

Registration Begins at 10am.

Weigh Ins will start at 10am-10:30am

(Bench Type Shirt) is NOT permitted This will be a RAW Event

The format of the events will go as the following:

1st Event Squat 2nd Event Bench Press (this event will be for Bench Press Only and Bench for the Full Power Lift event) 3rd Event Deadlift

There will be a 30 minute break between each event

Hope that you will test your skills in all three events.

All age brackets. Female: open score by Foster formula. Weight Classes:

132, 148, 165, 181, 198, 220, 242+. Male and Female Classification. Master Men 40 & Over: Foster Formula.

Singlet not required(optional) for Bench Press.

Wrist and knee wraps are permitted.

Elbow wraps are not permitted.

US Power lifting Federation sanctioned meet and all rules apply.