

This event will be held Friday June 22nd at Gold's 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.