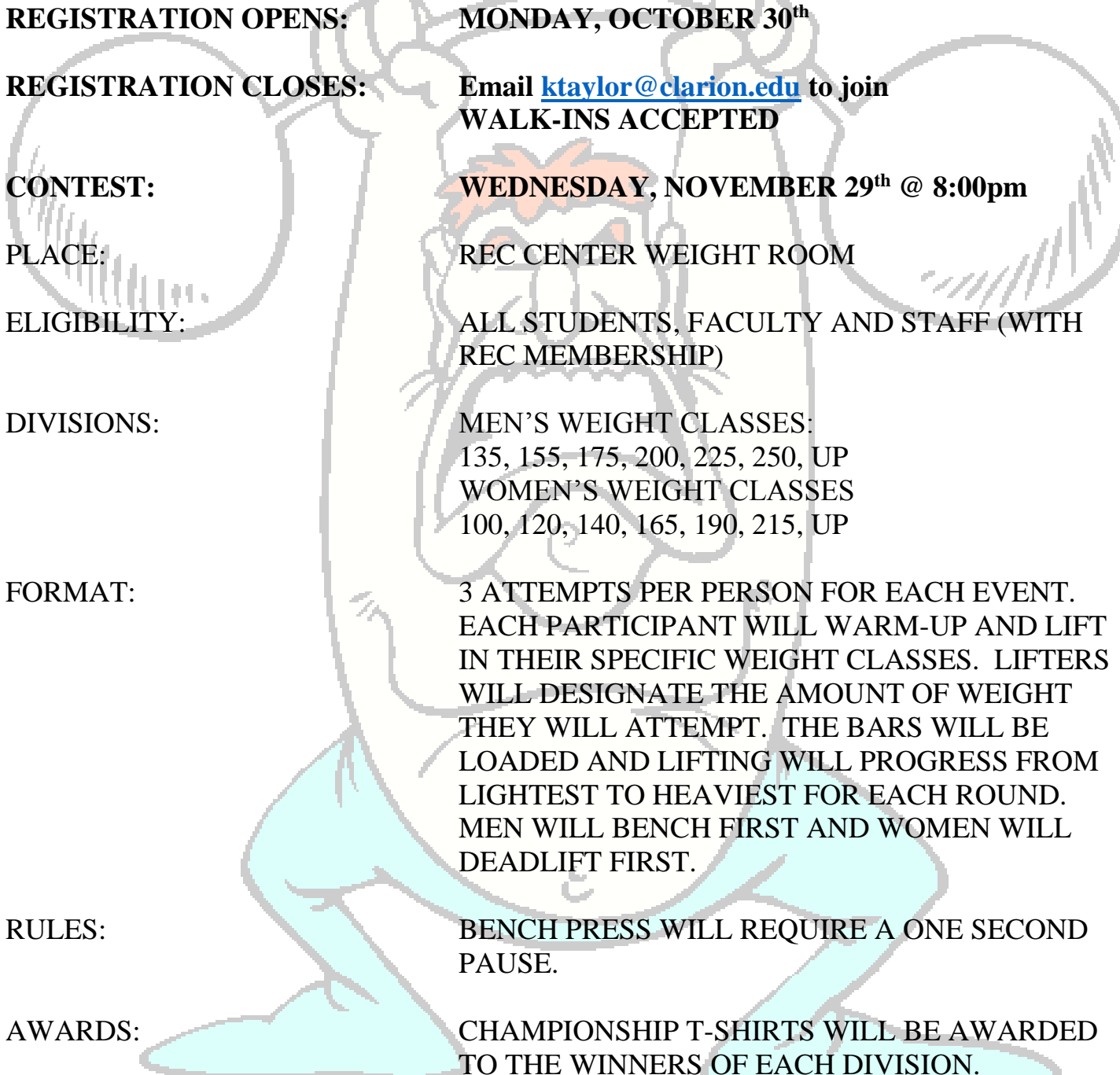


Power Lifting

Bench Press & Deadlift

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- REGISTRATION OPENS:** MONDAY, OCTOBER 30th
- REGISTRATION CLOSES:** Email ktaylor@clarion.edu to join
WALK-INS ACCEPTED
- CONTEST:** WEDNESDAY, NOVEMBER 29th @ 8:00pm
- PLACE:** REC CENTER WEIGHT ROOM
- ELIGIBILITY:** ALL STUDENTS, FACULTY AND STAFF (WITH REC MEMBERSHIP)
- DIVISIONS:** MEN'S WEIGHT CLASSES:
135, 155, 175, 200, 225, 250, UP
WOMEN'S WEIGHT CLASSES
100, 120, 140, 165, 190, 215, UP
- FORMAT:** 3 ATTEMPTS PER PERSON FOR EACH EVENT. EACH PARTICIPANT WILL WARM-UP AND LIFT IN THEIR SPECIFIC WEIGHT CLASSES. LIFTERS WILL DESIGNATE THE AMOUNT OF WEIGHT THEY WILL ATTEMPT. THE BARS WILL BE LOADED AND LIFTING WILL PROGRESS FROM LIGHTEST TO HEAVIEST FOR EACH ROUND. MEN WILL BENCH FIRST AND WOMEN WILL DEADLIFT FIRST.
- RULES:** BENCH PRESS WILL REQUIRE A ONE SECOND PAUSE.
- AWARDS:** CHAMPIONSHIP T-SHIRTS WILL BE AWARDED TO THE WINNERS OF EACH DIVISION.

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