

Twin Pike Family YMCA **Powerlifting** **Meet**

Ages 16+

Squat

Bench Press

Deadlift

Sign up for:

1 lift @\$15

2 lifts @\$25

or all 3 @\$30

Sept. 14th @9am
In the Gymnasium

\$30 Registration (for all 3 lifts)
Register by September 7th.



Weight Classes:

Men's:

145-169

170-199

200-259

260+

Women's:

115-129

130-149

150-179

180+

**Weigh in between 48 and 1 hour
before the meet.**

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