

POWERLIFTING COMPETITION

Saturday, June 11 – Stevens Point YMCA 1000 Division St. Stevens Point, WI 54481 (715) 342-2980

All participants report and weigh in:	8:00 am.
Equipment Check:	8:30 am
Coaches' Meeting:	8:45 am
Competition Starts:	9:00 am

Competition will be held in the YMCA gymnasium.

Awards

Awards will be given for all events at the end of competition. Athletes in the Combined Events will have their totals from the Squat Lift, Bench Press, and Dead Lift added together (no extra lifting) and awards will be given during the awards presentation.

