

POWERLIFTING – June 21, 2010

FORMAT: Competition begins at 10:00 AM Competition consists of three events in this order: Squat, Bench Press and Deadlift. There are three age categories for men: 18-39, 40-49 & 50+ and nine weight categories: 132, 148, 165, 181, 198, 220, 242, 275, & unlimited. Please indicate your current weight on the application however your “weigh-in” weight plus your age category will be your actual competition weight.

WEIGH-INS: There will be two opportunities for the competitor to weigh-in: Sunday, June 20th from 5:00 p.m. - 6:30pm at the PGA Village (site of registration) and Monday, June 21st from 8am - 9:30am at the site of competition. You only need to weigh-in one time. USPF rules apply. A one-piece lifting suit is required (this suit is also known as a wrestling singlet). Women's calculations are done by the Malone formula (body weight only). Women's lightweight is up to 165 ¾ pounds and the women's heavyweight is 165 ¾ pounds and up. Inzer-type and denim-style bench shirts are allowed with no modifications – only what comes from the factory.