



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

4TH ANNUAL Y PUSH/PULL/CURL COMPETITION

CHALLENGE YOURSELF

Best Bench Press, Best Deadlift, & Best Curl ALTAVISTA AREA YMCA ATHLETIC CENTER

- Separate Men & Women categories
- 3 age group divisions for men (25 & under, 26-46, 47 & over)
- Top 3 lifters in each division using the Wilks formula
- New this year, open Strict Curl competition
- Wrist wraps and weight belt only (NO elbow or knee sleeves)
- All competitors registering before deadline, guaranteed a T-shirt and will be entered into a drawing for cash prizes. Forms can be picked-up at the Athletic Center or downloaded from our web site, altavistaymca.com

WHEN: March 10th, 2018 **Weigh-Ins:** March 9th 8-8pm & March 10th, 8-8:30am
***opening attempts given at weigh-in

TIME: 10am—5pm **Cost:** \$15 individual event/\$30 for 2/\$40 for all events

DETAILS: MANDATORY LIFTERS MEETING:
Prior to event start to review what is a legal lift and what is not acceptable. A non-sanctioned meet. We will follow the USAPL guidelines. We will also follow Christian principals and practices
http://www.usapowerlifting.com/wp-content/uploads/2014/02/USAPL-Rulebook-2013_1.pdf

Direct questions to: 369-9622, ext. 32 www.altavistaymca.com

Registration forms and waivers may be picked up at the front desk or downloaded from the Y web site.

Deadline to enter is Wednesday, March 7th, 2018