

POWERLIFTING
Sponsored by Highland Park Dental

Date and Time: Saturday, February 28 9:00 AM
Check-in and weigh-in between 7 and 8 AM

Site: Debs Gym
1128 East Main Street, Lakeland 33801
Corner of East Main and Lake Parker Avenue

Early Weigh-in: Friday, February 27, 4:00 - 6:00 PM (optional)

Event Managers: Deb Callahan 863-683-9300
Scott Lamb 863-662-0887

1. Events are Bench Press-Raw/Unequipped and Dead Lift-Raw/Unequipped. Raw/Unequipped is defined as: Non-supportive singlet, wrist and knee wraps only.
2. Participants may enter one or both events, but must have recent experience in powerlifting for safety reasons.
3. A singlet (one-piece tight fitting uniform) is not required.
4. Age groups of five year increments will be divided into weights classes as follows:
Men (lbs) 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, 308+
Women (lbs) 97, 105, 114, 123, 132, 148, 165, 181, 198, 198+
5. Participants will be allowed three attempts.
6. Ties will be broken by the participant who weighs less.
7. USA Powerlifting (usapowerlifting.com) rules apply, except as modified.
8. Powerlifting is an "open" event at the Florida Senior Games. See page 9.