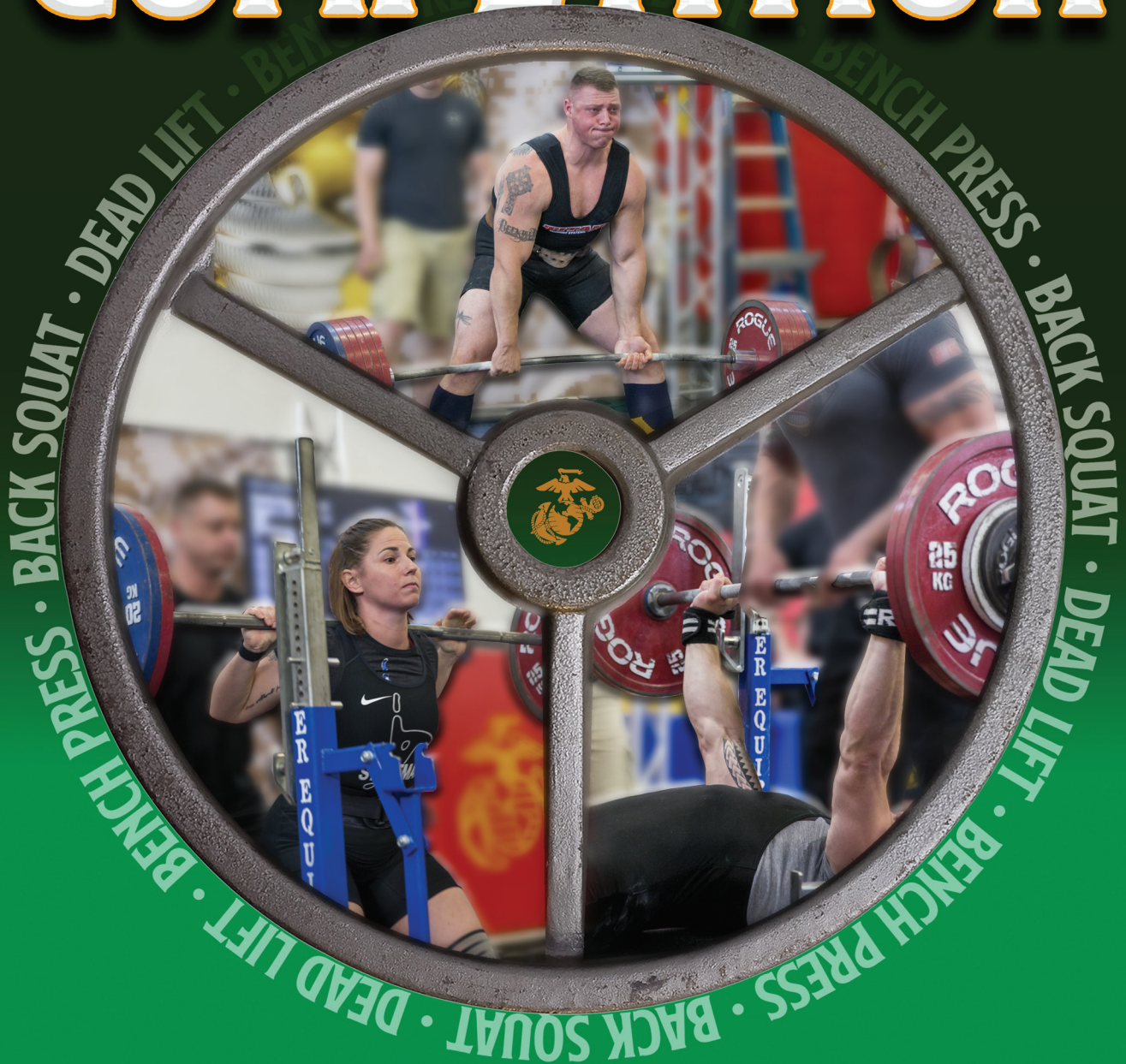


POWERLIFTING COMPETITION



THURSDAY, MAY 22 / 10AM-1PM

HITT CENTER, BLDG. 2525



RULES
»»»

POWERLIFTING COMPETITION

DETAILS

REGISTRATION

We are offering onsite registration to all eligible participants; ie: Active Duty, Dependents, registration. **NOTE:** The deadline for the last participant is 12:30. As a result, we will not accept day-of participants after 12:30.

FORMAT

Competitors will be tasked to perform three different lifts:

Barbell Back Squat • Barbell Bench Press • Barbell Deadlift

Participants have three attempts to lift the heaviest amount of weight for each exercise for one rep.

Participants will have three to five minutes to rest between exercises before performing their second attempt, or their first attempt in a new exercise.

Participants are allowed to wear lifting straps / wrist wraps for the deadlift and bench press, and knee sleeves/wraps for the deadlift, or back squat.

SCORING SYSTEM

The total weight lifted from the three exercises will be divided by the competitor's body weight (which is retrieved when they register on-site on the day-of).

Example: Back squat 300 lbs + bench press 250 lbs + deadlift 400 lbs = 950 lbs / 180 lbs (competitor's body weight) = 5.277 score.

AWARDS

Compete to earn: overall top place male & female (two prizes), heaviest lift per exercise (six prizes; potentially three prizes for males and three for females).

