

**Schedule of Events**

**Venue :** Lebanon Senior Center , 710 Maple St. Lebanon, Pa.

**Weigh-ins :** 7:30 A.M. to 8:30 A.M. –Saturday and Sunday

**Lifting starts :** 9:30 A.M.

**Lifts :** Saturday – June 29, 2013

**One Hand Deadlift**

**Clean & Press – 12” Heels**

**Straight Arm Pullover**

**Continental To Belt**

Sunday – June 30, 2013

**One Hand Snatch**

**Pullover and Push**

**Ciavattone Deadlift**

**Entry Fee - \$55.00**

**T-Shirt Included**

**Awards: 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> in each weight class and Age divisions for Masters, Juniors, and Women, Based on total poundage lifted.**

**Best Lifter Awards for each age group in Masters, Juniors, Senior [20-39], and Women by Formula**