

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 26, 2010**

Vertical Bar Lift – 1 Bar, 2”, One Hand

Pullover and Push

Clean and Jerk – One Arm

Deadlift – Trap Bar

Sunday – June 27, 2010

Snatch – From Hang

Deadlift – One Arm

Clean and Press

Zercher Lift

Entry Fee - \$50.00 [\$70.00 for 2 Divisions]

T-Shirt Included

Awards: 1st, 2nd, and 3rd 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