



DATE: October 18, 2014

TIME: Weigh-ins: Saturday 8:00 – 9:30 AM Rules meeting 9:00 AM Lifting at 10:00 AM

ENTRY DEADLINE: October 8, 2014

AWARDS: 1ST- 3rd Place

EVENTS: Bench Deadlift Ironman Bench for Reps

DIVISIONS: All Males & female weight and age classes

MENS: 114 123 132 148 165 181 198 220 242 275 308 SHW

WOMANS: 97 105 114 123 132 148 165 181 198 HWT

Teen (11+ under) (12-13) (14-15) (16-17) (18-19) Junior (20-23)

Sub-master (35-39) Masters (40-44) (45-49) (50-54) (55-59) (60-64) (65+) (OPEN) (RAW)

Sub-master and master lifters: please specify whether you are RAW or Equipped

This event is sanctioned by the AAU. The AAU calendar year is September 1, 2014 through August 31, 2015. Adults \$24.00 and teenager is \$14.00. You must possess an AAU Membership card by the date of the meet. Apply for your membership at www.aausports.org. The AAU membership fee is not included in the entry fee.

UNIFORM: One-piece lifting singlet, T-shirt/bench shirt. Raw lifters MUST wear T-shirt.

ENTRY FEE: \$65.00 INCLUDES T-SHIRT Extra divisions \$45.00

MEET DIRECTOR: Steve Rogers (make checks payable to Steve Rogers)
13797 Route 31, Savannah, NY 13146
(315) 365-3377

ADMISSION: \$5.00 per person and children 12 and under free