

**Flex Gym
Push and Pull
Powerlifting
Event
May 5, 2012**



Rules:

You must Bench Press and Deadlift in your Weight Division. You will receive only 3 attempts for each lift.

Weight Divisions

- 150lb and less
- 151lb to 175lb
- 176 to 200lb
- 201lb to 240lb
- 241 lb and up

Entry Fee

Teens: \$ 20.00 (14-19 years old)
Adult: \$ 25.00

Open: up thru 46 years old
Master: 47 years old and up

General Admission: \$ 5.00

Checks payable to: Flex Gym

Event begins at 10:00 am.
You may weigh-in beginning at
9:00am on contest day.

1st and 2nd place will be awarded in each weight class.

Flex Gym, 903B W. Union St., Morganton, NC
828-437-8377, www.flexgym-mnc.com