

EARLY BIRD DISCOUNT

Register **JAN. 1 - FEB. 1**
and pay only

\$20

2018 PATUXENT RIVER

PUSH - PULL

RAW CHALLENGE

POWERLIFTING EVENT

SATURDAY, FEB. 24

7 - 9 a.m. Weigh-in • Varsity Basketball Court

Register at Sports and Fitness Office by Friday, Feb. 23

SEE HOW MUCH WEIGHT YOU CAN MOVE AROUND

- Lifters will perform the Bench and Deadlift for a single maximal repetition.
- Metals for the top three totals for each weight class.
- Any qualifying total will be updated on the record board.
- Lifters must perform a good lift in both the Bench and Deadlift to receive a total and be eligible for the record board.
- Junior, Masters and Open divisions and 30 Lifter Max

All with base access, 15 years and older.

For more information, call the Fitness and Sports Office at 301-342-5449.

