

FREE

AD, AD DEPENDANTS
& RESERVES

\$25

ALL OTHERS

2024 PATUXENT RIVER

PUSH - PULL

RAW CHALLENGE

POWERLIFTING EVENT

FEBRUARY 24 • 7AM • DRILL HALL

Register at Drill Hall by February 16.

This will be a Raw/Classic bench press and deadlift meet only (NO Bench shirts or deadlift suits). Lifters will get 3 lift attempts to hit their 1 rep max in the bench and deadlift. This meet will be a non-sanctioned meet, but we will follow closely to USA Powerlifting (USAPL) rules and regulations for the Raw division. This will be a great first-time meet for anyone looking to get a feel for competition set-up.

We will NOT require singlets to compete and will allow for a variety of belts (i.e. Velcro belts). You MUST wear deadlift/knee high socks. Long leggings or pants would also be accepted. You MUST wear some form of shoe or deadlift slipper while benching and deadlifting.

WEIGHT CLASSES

MEN	WOMEN
60kg	48kg
67.5kg	52kg
75kg	56kg
82.5kg	60kg
90kg	67.5kg
100kg	75kg
110kg	82.5kg
125kg	90kg
140kg	100kg
140+kg	100+kg

30
LIFTERS
MAX LIMIT

USA POWERLIFTING RULEBOOK



Must be at least 16 years old to compete. This meet will be Raw Open division only, no masters or junior divisions.

For more information, call Drill Hall at 301-757-3943. Visit NavyMWRPaxRiver.com.

