

~RAW POWERLIFTING MEET~



~ 6015 Fort Ave Suite 24 Lynchburg, VA. ~

All Proceeds Go to our Local



**Children's
Miracle Network
Hospitals**

Helping Local Kids

~Push/Pull Meet~

~Saturday ~ December 13, 2014~

Weigh In 8:00-9:00am

Lifter Meeting 9:00am

First Attempts 9:45am

***Age groups ~ Open (34&under) & Masters (35&up) divisions**

***Men & Women Classes (Winners will be determined by the Wilk's Coefficients)**

Early Registration Fees

***\$20 for a single lift (bench or deadlift)**

***\$30 for full meet (bench & deadlift)**

Day of Registration Fees

***\$40 for a single lift (bench or deadlift)**

***\$50 for full meet (bench & deadlift)**

Prizes will be awarded for 1st and 2nd Place for Each Division

For More Information Please contact Tiffanie @ Kinetix 434-239-0015

No Refunds All Proceeds go to CMN