

Schedule of Events

Venue : York Barbell
3300 Board Road
York, PA, 17402

Weigh-ins : 7:30 A.M. to 8:30 A.M.

Lifting starts : 9:30 A.M.

Lifts : Saturday – June 20, 2015
One Hand Snatch
Reverse Grip Cheat Curl
One Hand Deadlift
Pullover and Push
Ciavattone Deadlift
Zercher

Entry Fee - \$55.00
T-Shirt included

Awards: 1st, 2nd, and 3rd in each weight class and Age divisions for Masters, Juniors, and Women, Based on total poundage lifted.

Best Lifter Awards for each age group in Masters, Juniors, Senior [20-39], and Women by Formula