

Powerlifting



Entry Regulations:

1. Men and women compete separately.
2. Competition will be in five year increments beginning with 50-54.

Sporting Rules:

U.S. Powerlifting Federation (USPF) will apply.

The Wilks formula, a formula based upon body weight and lift poundage, is used to calculate scores for each event.

Winners will be determined by total accumulated score for all three events.

Weightlifting and training are required.

Participants should bring their own belt.

Capable spotters will be available if needed.