

PRESCOTT

SENIOR OLYMPIC

POWERLIFTING

COMPETITION

**SATURDAY
AUGUST 20, 2011**

City of Prescott
Parks and Recreation
928-777-1122

Powerlifting Commissioner
Paul Gillott
928-899-4223 or email at
psgillott@cablone.net

OFFICIAL REGISTRATION FORM: 2011 | Prescott Senior Olympic Powerlifting Event

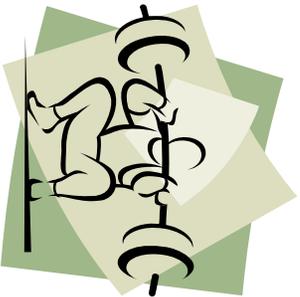
NAME: _____ Age as of 12/31/2011: _____ D.O.B: _____

Mailing Address: _____ City: _____ ST: _____ ZIP: _____

Phone Number: _____

Male: Female:

Make Checks payable to the City of Prescott. Mail to City of Prescott Senior Olympics—Powerlifting, 824 E. Gurley,
Prescott, AZ 86301



FACILITIES

Powerlifting will be held at Scrap Iron Barbell Club.

The Club is located at 305 N. Summit in Prescott.

From downtown, proceed west on Gurley St. to

Grove St.. Turn north on to Grove and proceed to

Sheldon. Turn right on to Sheldon and go east one

block to N. Summit. The club is the second building

on



REQUIREMENTS

Participants should wear comfortable clothes and suitable shoes. A belt, knee wraps and wrist wraps may be worn.

Age groups are 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, and 80+.

Medals will be given for 1st through 3rd place in each division.

Weigh-ins at 10am. Lifting starts at 10:30am

GENERAL INFO

The cost will be \$20.00 and will include a custom made Senior Olympics powerlifting T-shirt. Refreshments will be available.

To register call the Prescott Parks and Recreation office at 928-777-1122.

Registration Deadline is Wednesday, August 17, 2011

EVENTS

There will be three events in which competitors may compete. Individuals may compete in any event as single lift or in all three. Scoring and placing will be determined by Swartz formula.

The three events will be performed in the following order: squat, bench press, and dead lift.

SQUAT— The bar will be held across shoulders. The bar will be taken from the rack and on the command of “squat”, move down until the upper thighs are parallel to the floor. Then back into the upright position. Rack the bar on the command of “rack”

BENCH PRESS— Contestant will lay flat on the bench. The bar will be taken from the uprights, brought down to the chest and then pressed up until the elbows are locked and the arms are extended.

DEAD LIFT— The bar will be lifted from the floor until the knees are locked and the lifter is in the upright position.

