

Schedule of Events

Venue :

**Vermilion Family YMCA
320 Aldrich Rd.
Vermilion, OH 44089**

Weigh-Ins:

7:30 A.M. to 8:30 A.M.

Lifting Starts:

9:30 A.M.

Lifts:

Saturday – June 24, 2017

**Vertical Bar Deadlift – 1 Bar, 2”, One Hand
Clean and Push Press
Bent Over Row
Deadlift – 2 Dumbbells**

Sunday – June 25, 2017

**Clean and Jerk – One Arm
Pullover and Push
Jefferson Lift (Straddle Deadlift)**

Entry Deadline:

**May 26, 2017 [Late entries will not be guaranteed
Award or shirt]**

Entry Fee - \$60.00

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**

Hotels – Holiday Inn

**Liberty Road
Vermilion, OH**

Best Inn

**Liberty Road
Vermilion, OH**