**Schedule of Events**

**October 2& 3, 2021**

**Venue : Acernus Crossfit**

**440 South 9th Street**

**Lebanon, Pa. 17042**

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

**Lifting starts : 9:30 A.M.**

**Lifts : Saturday : Clean and Press**

**One- Hand Snatch**

**Bent- Over Row**

**One-Hand Deadlift**

**Sunday : Cheat Curl**

**Pullover and Push**

**2- 2" Vertical Bar Deadlift**

**Entry Deadline: September 2, 2021**

**[ Late entries will not be guaranteed award or shirt ]**

**Entry Fee - $75.00 Shirt included [ Foreign lifters pay on arrival]**

**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**