**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**