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