

2024 NEW ENGLAND

HEAVY LIFT CLASSIC

Saturday August 3, 2024 – 8:00 a.m. Weigh in – 7:00 a.m.

Meet Sponsored by Franks Barbell Club

LOCATION:

Franks Barbell Club
204 East Street
East Walpole, MA 02032

Meet Director:

Mark Raymond

Email: owdmr@aol.com Cell: 781-801-0947

Sanctioned by: USAWA (Membership Required)

Lifts:

Neck Lift, Hand & Thigh, Hip Lift

Divisions:

Juniors, Women, Masters, Seniors & Open

Entry Fee:

None

Awards:

1st, 2nd, & 3rd in each weight class and age division for Masters, Juniors, and Women, based on total poundage lifted. Best Lifter Awards for each age group in Masters, Juniors, Seniors(20-39), and Women by formula.

Entry Deadline – July 19 2024