

It is time to announce the annual "Lift for Leroy" meet. This will be the sixth installment of this record extravaganza. Leroy is actually doing ok this time around, so I ask you to please send no donations on his behalf, and please offer him no words of encouragement to aid him with his emotional well being. He just does not need it. Lifters are encouraged to choose up to 5 lifts to set or break. This is an in-person meet only. No virtual submissions will be accepted. We will be completing the 4th quarter postal lifts that day prior to starting the record day session. Details are as follows:

**Location:** House of Iron and Stone (auxiliary gym in basement), 10978 SW Pueblo, Turney, MO  
Weigh Ins:10:00

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**Start Time:** 10:30

**Awards:** None

**Entry Fee:** None

**Entry Blank:** None. Just let me know via email that you are coming. [SalGuimino@yahoo.com](mailto:SalGuimino@yahoo.com)

I have all the normal equipment like plates, bars, and dumbbells. I have heavy lift equipment, and most OTSM stuff. No Roman Chair or Backlift apparatus. If you are wanting to set a record and are unsure if I may have what you need, please ask in advance.