



Colorado Grip Classic

Date: Saturday, May 3, 2025

Address: High Country Vigour, Lakewood, Colorado

Weigh-Ins: 9:00 AM; **Meet Begins:** 10:00 AM

The Lifts: Pinch Grip, Strict; Deadlift, Inch DB, One Arm; Vertical Bar, 1 Bar, 2", Hack Lift Fulton Bar

Entry Fee: None

To Enter: The meet is open to any USAWA member. Entries must be received by April 26, 2025

Meet Director: Sanjiv Gupta, contact by email sanjiv_gupta@hotmail.com or phone at 720-938-2029

USAWA Membership Required: You must be a member of USAWA.

Record Session: Each lifter can perform up to 5 records if equipment is available and time allows.

Hybrid: Hybrid entries will be allowed and included in the results. Officials are required for records.

Athletes can look forward to some grip sport inspired USAWA events

- Matt Graham's 200 pound pinch grip strict record from 2002 still stands
- Caleb Day owns the Deadlift Inch Dumbbell with 160 pounds set in 2024 at Iron Palace's Strongest Man
- Ben Edward's 251 pound Vertical Bar record from 2011 still stands
- Josh Davidson performing a 235.5 kg lift in 2016

