

# POWERLIFTING COMPETITION

## AGES 50+

**DETROIT**



**BARBELL**



**SUNDAY, AUGUST 12**  
**(BENCH PRESS & DEADLIFT) 1PM**

**Location: CrossFit DV8**

**528 N. Main St., Rochester, MI 48307**

**Athletes will be awarded based on 5 year age groups and weight divisions.**

**How to Register: Please call 248-608-0252 or visit: [www.michiganseniorolympics.org](http://www.michiganseniorolympics.org)**

**REGISTRATION DEADLINE: July 20, 2018**

**Participants will receive medals for 1st-3rd place, and will have the opportunity to make it into the record books!**