

POWERLIFTING COMPETITION AGES 50+



SUNDAY, FEB. 10TH

**BENCH PRESS & DEADLIFT
(WEIGH-IN 2/9 FROM 10AM-NOON
AND 2/10 FROM 10-11AM)
EVENT STARTS AT 12PM**

**Location: Strength Depot
376 Junction St., Plymouth, MI 48107
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
REGISTRATION DEADLINE: January 18, 2019**