

Rock Island Arsenal (RIA) Strength Contest

Saturday, 10 June 2017

- Meet Director: Coach Beaz (563) 505-4112 or Beaz.qcbarbell@gmail.com
- Events: Powerlifting Push/Pull – (Bench/Deadlift) or Individual (Bench or Deadlift)
- Place: RIA Fitness Center building 67
- Lifting Session: Saturday, 10 June 2017, starts at 0900 (9:00 AM)
- Rules: Will be using the standard rules. NOTE: Rules meeting will be at 0800 (8:00 AM)
- Equipment: This will be a “RAW” contest. The only supportive equipment allowed will be belts and wrist straps.
- Weigh-ins: Friday, 9 June 2017 from 0900-1100 (9:00-11:00 AM) and 1600-1800 (4:00-6:00 PM)
Saturday, 10 June 2017 – by appointment only at Directors approval.
All weigh-ins at RIA Fitness Center
- Eligibility: Only the first 60 entrants (18 years or older and out of high school) will be accepted.
If unsure if there will be room – call (309)782-6787.
- Entry fee: The fee is \$15 for one individual lift event and \$25 for both lifts (Push/Pull entry).
Entry fee must be paid at time of registering. ... NO REFUNDS.
 1. Entry form and fee can be paid at RIA Fitness Center
 2. Mailed to: Rock Island Arsenal, 3395 Rodman Avenue, Rock Island IL 61299
 3. Completed online at: http://tiny.cc/Be_the_Rock
- Deadline: The entry deadline will be 2 June 2017. Late fee will be \$5.
- Awards: Awards will be given to the top participants in their divisions. (Men and Women)
- Doors open at 0700 (7:00 AM)