

Powerlifters- (please read as information has changed since we first posted this on our website)

Thank you for signing up for our inaugural powerlifting event on June 24th.

Here is some basic information:

Location

Franklin High School Weight Room
810 Hillsboro Rd.
Franklin TN 37064

Please follow signs to athlete check-in. After checking in, you will be pointed in the right direction to the weight room. The weight room is housed in a separate building at the back of the school facing the track. You may walk through the school and out the building to get the weight room or drive your car around to park.

We are asking all lifters to report at 9:00am on June 24 for weigh-ins, instructions and demonstrations. Events will be held in this order: squat, bench press, and deadlift. We will work each discipline from lightest weight to the heaviest weight.

Lifting will begin promptly at 10:00 AM. Lifters will be broken up into two flights made up of both men and women lifters. Flights will be determined after weigh-ins and opening lift weights are determined.

Athlete lists are posted at: <http://www.tnseniorolympics.com/powerlifting>.

A huge thanks to Jeremy Wright for offering to run this and to Jerry Howell for his advice and support in getting everything going.

Volunteers are also being recruited. This event requires spotters and check-in and results handling. If you see we are short-handed we would appreciate any help. So far we have four volunteers scheduled.

Looking forward to a great event!