

# Introducing Second Annual PSCA

## Power-Lifting Challenge



**Time :** Noon thru 4 pm

**Date:** Saturday July 11th

**Description:** The event will comprise of three types of lifts by each contestant:

1. Bench Press
2. Squat
3. Dead Lift

Following categories for the competitors will be made:

Body Weight : Light (up to 150Lbs), Mid (up to 200Lbs), Heavy(above 200Lbs)

Winners will be selected on base of total lift of max of each type of lifts.

Every competitor will be given three chances per each lift type.

**Location:** Independence Park, Canton, MI

**Entry Fee :** \$10.00 per participant, (mail check issued to "SFG- PSCA" or pay in person at 33521- 8 Mile Rd, Livonia 48152) \$12.00 on the day of event.

**Prizes:** Winners and runners up will be given medals and trophies.

**Pre Contest Practice / Training:** All Participants, after registration, will be given, FREE T- Shirt, FREE PASS to use **Power Lifting Den** at 33521- 8 Mile Rd., Livonia, MI 48152, and would be provided FREE training for Game Rules and Safety.

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