



DEADLIFT COMPETITION



THURS. DEC 15 @ 6PM

Sitman Physical Fitness Center
Competitor Check In and Weigh In | 5-5:45 p.m.

Registration with event t-shirt | \$15
Registration Deadline | Dec. 1

Must be 18 years or older (17 if Active Duty) to participate. Registration is capped at 25 competitors. Weight classes will consist of Light, Middle and Heavy for both male and female categories. For more information including weight class details and competition guidelines, visit <https://www.humphreys.armymwr.com/>. Register online or at any USAG Humphreys Fitness Center.

