

SPRING 2018 POWER MEET

SQUAT • BENCH • DEADLIFT

RISE TO THE CHALLENGE

WHETHER YOU'RE AN ELITE LIFTER OR A NOVICE, ALL LEVELS OF FITNESS ARE NOT ONLY WELCOME, BUT ENCOURAGED TO COMPETE.

- REGISTRATION OPENS MARCH 19
- SATURDAY, APRIL 14
- CHECK-IN: 9:00-9:15AM

RULES AND REGULATIONS AT:
FITNESS.GMU.EDU



RECREATION.GMU.EDU

