

**Schedule of Events
October 1 & 2, 2022**

Venue : Acernus Crossfit
440 South 9th Street
Lebanon, Pa. 17042

Weigh-ins : 7:30 A.M. to 8:30 A.M.

Lifting starts : 9:30 A.M.

Lifts :	Saturday : Clean & Press Continental Snatch Cheat Curl Deadlift- One Arm	Sunday : Continental Clean & Jerk Pullover & Push 2- 2" Vertical Bar Deadlift
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Entry Deadline: September 2, 2022

[Late entries will not be guaranteed award or shirt]

Entry Fee - \$75.00 Shirt included

**Awards: 1st, 2nd, and 3rd in each weight class and
Age divisions for Masters, Juniors, and Women,
Based on total poundage lifted.**

**Best Lifter Certificates for each age group in Masters,
Juniors, Senior [20-39], and Women by Formula**