

E.I.U. Campus Recreation
Intramural Powerlifting



WHO:

All eligible E.I.U. Students, Faculty and Staff.

DIVISIONS OF PLAY:

Men's & Women's individual and team. All men and women are classified by weight. The men's weight classes are as follows: 123, 132, 149, 165, 182, 198, 220, & unlimited. The women's weight classes are as follows: 97, 106, 114, 123, 132, 149, 165, & unlimited. Teams consist of 5-8 members. Only Team Points are tallied for Hall and House participants.

PARAMETERS:

The event will be in the format of a Seven Lift Wild Card Meet (i.e., 2 lifts per event plus an extra lift on any one of the three events.) The three events for the meet will be the bench press, dead lift, and squat.

WHEN:

Competition will begin **Saturday, November 6 at 12:20 p.m.** Weigh-ins will be held in the morning from 9:00-11:00 a.m. Registration will begin at 12:05 p.m.

WHERE:

Competition will take place in the Student Recreation Center Fitness Center / Free Weight Room. No chalk allowed.

AWARDS:

I-M Champion T-shirts!

HOW TO ENTER:

All participants must have a Panther Card (E.I.U. I.D.) to enter and participate. Individuals must pre-register by presenting a validated Panther Card at the Intramural counter in the Student Recreation Center. Teams must fill out a special team entry form.

**ENTRIES ACCEPTED BEGINNING.....FRIDAY, OCTOBER 29
ENTRY DEADLINE.....THURSDAY, NOVEMBER 4**

PLEASE NOTICE!

An I-M Fee of \$5.00 will be assessed to individuals who enter and then do not show!



Campus Recreation; Intramural Sports...581-7000