

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 1 at 12:15 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 / 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 register at www.imleagues.com/eiu ; for assistance, call Kevin at 581-7000. Online registration instructions are available at www.eiu.edu/campusrec . Even though participants can sign up in a weight class, every participant must be weighed-in Saturday morning (9am-11am) or will not participate.

**ENTRIES ACCEPTED BEGINNING.....FRIDAY, NOVEMBER 24
ENTRY DEADLINE.....THURSDAY, NOVEMBER 30**

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