

Experience the thrill of exciting competitions!



9am-2pm



- COMPETITIONS:**
- **Press Medley**
 - **Deadlift Ladder**
 - **Warrior Medley**
 - **Steinstossen Stone Throw**
 - **Atlas Stone Load**

DIVISIONS FOR MEN AND WOMEN:

- **Lightweight**
- **Middleweight**
- **Heavyweight**
- **Masters**



FITNESS CENTER 850-623-7412