



PUSH PULL MEET

DECEMBER 8
8AM - 11AM

Weigh-ins start at **7am**

Join us for a push/pull powerlifting competition. Great for beginners or seasoned competitors. Come test your bench press and deadlift strength and join in some friendly competition.

This is a non-sanctioned meet. Men's, Women's, and Greek Categories. Must be 15+ to compete.

\$15 MEMBER \$25 NON-MEMBER



Contact JoEllen Cornelius for more info.
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