

POWERLIFTERS

NOTICE

DO NOT!

- DROP BAR & WEIGHTS
- USE TALCUM POWDER
- APPLY POOL CHALK ANYWHERE, BUT ON SHEETS PROVIDED
- USE ANY BARS WITHOUT USING THE COLLARS AT ALL TIMES
- USE ILLEGAL LIFTING APPAREL
- USE EQUIPMENT, BARS OR WEIGHTS OFF THE WARM-UP PLATFORM

DON'T FORGET!

- TO SUBMIT YOUR ATTEMPT CARD TO THE M.C. WITHIN ONE MINUTE OF YOUR LAST ATTEMPT
- IF YOU ARE MAKING A RECORD ATTEMPT, NOTIFY THE M.C. AT THE SAME TIME YOU SUBMITT YOUR ATTEMPT
- IF YOU ARE SUCESSFUL WITH YOUR RECORD ATTEMPT, PRESENT YOURSELF TO THE CHIEF REFEREE
- WHEN YOUR NAME IS CALLED YOU HAVE ONE MINUTE TO COMMENCE THE LIFT
- IF YOU HAVE ANY TECHNICAL QUESTIONS, PLEASE ASK TO THE TECHNICAL OFFICER:– BOB CAMPBELL