

# Owens Gym

## Competition Information

**Date:** February 3<sup>rd</sup>, 2024

**Location:** Owens Gym

**Address:** 748 Big A Rd Toccoa, Ga 30577

**Time:** Begins 9:00 am

### Lifts will be performed in the following order:

- Squat
- Bench Press
- Deadlift

### Competitors will have three attempts per lift

- All three attempts will be completed before moving on the next lift.
- Once the bar is loaded, lifters will have 1 minute to perform their lift
- Once the lift has been attempted, we will cycle through all lifters in that flight (weight class). Once all lifters in their flight have attempted their first lift, the flight will start back over until all lifters have had three attempts at the lift.

### Winners will be decided by:

- Wilks Score
- Overall Prize for Top Male & Female lifter per Wilks Score
- OG Medals for Top 3 Male & Female lifters in each weight class

### Notes for Lifters:

- Knee/Elbow sleeves are allowed.
- Knee/Elbow wraps are **not** allowed
- Wrist wraps allowed on all lifts
- Chalk will be allowed on all lifts
- Any style 4-inch lifting belt allowed (belt cannot exceed 4 inches)
- Closed toes are **required** or deadlift slippers are allowed
- **No lifting straps** allowed for Deadlift
- **Do not dump the bar at failure.** For the safety of all lifters and spotters, please stay under the bar and the side spotters will assist in the lift.
- Dropping the weight after locking out on deadlift will **NOT** be allowed and will count as a **NO lift**.
- Bar must come to a stop on Bench Press. Touch and go or bouncing will **not** be allowed.

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## **Weigh-ins:**

- weigh-ins will be held from 9am-5pm Friday Feb 2nd.
- You can weigh in at Owens Gym during those times.
- If you live long distance you can weigh in virtually by emailing a picture of your weight to [houston@owensgym.com](mailto:houston@owensgym.com) that morning plus your opening attempts.
- You must submit **BOTH your weight and each of your 3 opening attempts** by 5pm Friday.

## **Competition Day:**

- Check ins will be from 8:00 am until 8:30 am at Owens Gym on meet day.
- 8:30 - 8:45 am we will demonstrate the standards that each movement will be judged on. Owens Gym will also post videos on Facebook & Instagram to show these standards
- 8:45 - 9:00 warm ups
- **9:00 am competition begins** - Guest please feel free to bring your own chairs if you would like
- Please email [houston@owensgym.com](mailto:houston@owensgym.com) for any additional questions regarding the competition