



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RAISE THE BAR



## WEIGHTLIFTING CONTEST ALGONA FAMILY YMCA

**Open to everyone in the community!**

Pre-registration & payment will be required at the YMCA front desk by March 25th. High School, Adult, and Masters (55+) divisions. All participants will receive a one of a kind Raise the Bar T-Shirt.

**Compete in: Squats \* Dead Lifts \* Bench Press**

**WHEN:** SATURDAY, MARCH 30TH, BEGINNING AT 1:00 PM

*\*Actual flight time will be determined after registration has been completed.*

**FEE:** \$25.00

**LOCATION:** ALGONA FAMILY YMCA, FREE WEIGHT ROOM

Name: \_\_\_\_\_ Phone : \_\_\_\_\_

Email address: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_

Division: High School    Adult    Masters                      Male    Female

OFFICE USE: AMOUNT PAID \_\_\_\_\_ DATE PAID \_\_\_\_\_ STAFF INT. \_\_\_\_\_ CASH \_\_\_\_\_ CHECK# \_\_\_\_\_ CREDIT/DEBIT \_\_\_\_\_