

# POWERLIFTING COMPETITION!



**Saturday, Oct. 11, 9AM**

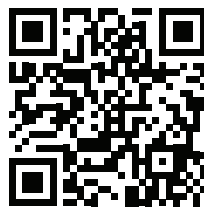
at Damascus Community Center, Damascus

For men and women aged 50-plus | All skill levels welcome.

- Squat, bench press and deadlift events.
- Age-group competition (50-54, 55-59, 60-64, etc.) in weight classes.
- Win MSO gold, silver and bronze medals, plus ribbons for 4th- through 6th-place.
- Cost: \$15 first event, \$5 each additional.
- Each participant receives a free 2025 Maryland Senior Olympics t-shirt.
- Open to out-of-state participants.
- Deadline to enter: Sept. 29, 8 a.m.



For full details, registration, and to participate in other Maryland Senior Olympics events, visit:  
**[mdseniorolympics.org](https://mdseniorolympics.org)**  
or call **240-777-4930**.



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**“TO PARTICIPATE IS TO WIN!”**

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