

POWERLIFTING COMPETITION!



Saturday, October 10, 9AM

at Community College of Baltimore County Essex

For men and women aged 50-plus | Registration opens March 16!

- Squat, bench press and deadlift events.
- USA Powerlifting rules except as modified.
- 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.
- Each participant receives a free 2026 Maryland Senior Olympics t-shirt.
- Open to out-of-state participants.
- Cost: \$15 first event, \$5 each additional.
- Deadline to enter: Oct. 2, 8 a.m.



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



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QUALIFIER FOR THE 2027 NATIONAL SENIOR GAMES!

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