



New York American Challenge 2024

Full Power, Push Pull, Bench, Deadlift, Curl

941 NY-17C
Owego, NY, 13827

Meet Director: Andrew Long
Host City: Owego
Date: June 1, 9am, Squat, Bench, Deadlift, Strict Curl
Saturday Time: Doors open 8am Saturday 6/1
Weigh-in: Friday May 29th, 5-7pm, Saturday 6/1, 8-9am
Lifting: 9am Squat, Bench, Deadlift, Curl
Technical Meeting: Saturday 8:30 AM
Scales: Digital scale

Identification: Photo Identification is necessary for security, to verify every lifter's entry information, and to help validate drug testing. Acceptable identification includes driver's license, state ID, school ID, passport. Work ID badges and recreational/social club ID's are not acceptable.

Federation Membership Fee: Current federation membership is required. Applicants should submit a completed membership form along with payment prior to weigh-ins. Cards must be ordered online <https://rawpowerlifting.com/join-us/registration/>

Entry Fee: All fees should be paid by, **May 5th**

Awards: Top five (5) places in each age/weight class for each event Bench Press | Deadlift | Strict Curl, Full Power, And Push Pull

Order of Events on Saturday, Squat, Bench, Deadlift, Curl
Awards given out at end of event
4th attempts for National and World records only

For sign up please use link Below

<https://docs.google.com/forms/d/e/1FAIpQLSeXxWoxTS64wyyQA-8FXfJM7wQrS0LTJFJzxJEDKuLWyQrC9A/viewform>

For Payment

**Please mail a check to:
609 Paden Street, Endicott, NY, 13760**

**Or
Venmo**

<https://venmo.com/u/Andrew-Long-197>

You will receive email with payment and entry confirmation

**For any additional information or question please contact:
Andrew Long
609-851-2618
longak2@gmail.com**

Thank you