

# POWERLIFTING COMPETITION



**Michigan  
Senior  
Olympics**

**AGES 50+**

**M**

**DETROIT  
MUSCLE**

**GYM**

**SATURDAY, MARCH 9**

**BENCH PRESS & DEADLIFT**

**WEIGH-IN FROM 8-9AM**

**EVENT STARTS AT 10AM**

**Location: Detroit Muscle Gym**

**736 Junction St, Plymouth, MI 48170**

**Athletes will be awarded based on 5 year age groups and weight divisions.**

**How to Register: Please call 248-608-0250 or visit: [www.michiganseniorolympics.org](http://www.michiganseniorolympics.org)**

Michigan Senior Olympics is a 501 (c) 3 non-profit organization.