



WASHINGTON
ATHLETIC CLUB

10th ANNUAL POWERLIFTING INVITATIONAL

Washington Athletic Club Saturday, May 11th, 2019

LOCATION: Washington Athletic Club (WAC) -1325 Sixth Avenue, Seattle, WA 98101. *Competition will take place in the exercise room on the 4th Floor.*

TIME: All teams must arrive by 8:00am
Begin 1st lifts at 9:00am
Competition Ends at approx 4:00pm
Event Order: Squat, Bench, Deadlift

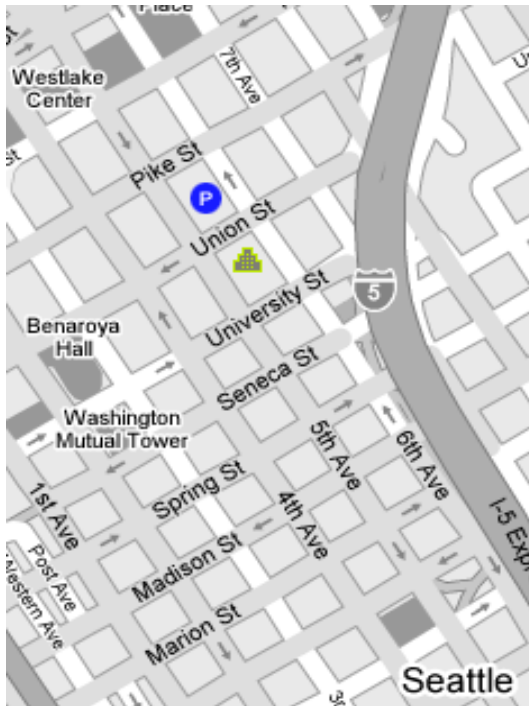
****Coaches will need to know weight ahead of time. We will not do an official weigh-in.****

TEAMS: Possible Teams: EST Power Lifters, Federal Way Thunder Lifters, Auburn Powerlifters, Tumwater Valley Power Dragons.

AWARDS: Region medals/ribbons will be awarded

FOOD: Lunches will be provided for this event. Please bring your own water bottles.

PARKING: Please park in the *WAC parking garage only* (on 6th Ave down from the club). Take a ticket and bring it inside with you. All parking will be validated for teams and spectators but *only for tickets from the WAC parking garage.*



DIRECTIONS:

Northbound I-5 (from Tacoma)
Take the Seneca Street exit.
Turn right onto 6th Avenue.
Southbound I-5 (from Everett/520)
Take the Union Street exit.
From Union, turn left on 5th Avenue.
Turn left on University Street.
Turn left on 6th.
Westbound I-90 (from the Eastside)
Merge onto I-5 North.
Take the Madison Street exit.
Turn left on Madison.
Turn right on 6th Avenue.