



# Powerlifting

King County Spring Events and Programs

2017 Season

*Special Olympics*



# Powerlifting Regional Event Info



WASHINGTON  
ATHLETIC CLUB

## 2017 POWERLIFTING INVITATIONAL

Washington Athletic Club Saturday, May 13th, 2017

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

TIME: All teams must arrive by 9:00am  
Begin 1<sup>st</sup> lifts at 10:00am  
Competition Ends at approx 4:00pm  
Event Order: Squat, Bench, Deadlift

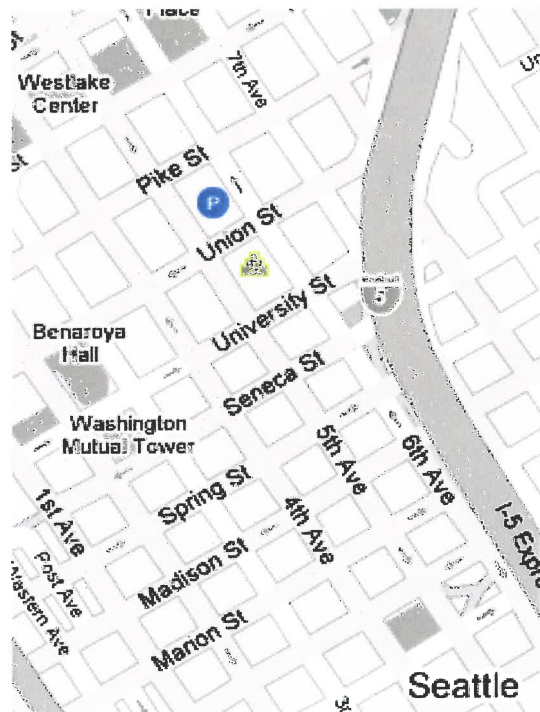
**\*\*Coaches will need to know weight ahead of time. We will not do an official weigh-in.\*\***

TEAMS: Possible Teams: BKAT Adrenalin, Everett Energizers, Federal Way Thunder Lifters, Sky Valley-Monroe, 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 6<sup>th</sup> 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.