

Powerlifting Club hosting competition

36 entries will compete in test of overall body strength

The Highland Powerlifting Club will host a powerlifting competition at the Athlete Institute on Highway 9.

The event will take place on Saturday, September 13, beginning at 10:00 a.m.

This is the inaugural year for the event which is sanctioned by the Ontario Powerlifting Association.

Thirty-six competitors, both men and women, ranging in age from teenagers to over 60 are slated to compete for best lift honours in 11 weight categories.

Powerlifting is a sport that tests totalbody strength.

Athletes compete in three separate lifting events to achieve a combined three-lift total.

Events include the squat, the bench press, and the deadlift.

All events must comply with a strict set of rules and at least two out of three judges must agree that the lift has been properly executed for it to be successful.

Competitors are given three attempts to register their highest successful lift in each event to record a three-lift total.

Final results are determined by ranking the three-lift total from highest to lowest in each weight division.

The public is invited to come out and watch the event and cheer on the competitors.