

# POWER LIFTING

**PARTICIPATION: Athletes MUST be 14 years of age to train and compete.**  
Athletes may compete in a total of four events.

**SONE Modification: Knee socks must be worn during deadlift competitions.**

## EVENT

Benchpress

Deadlift

Squat

Combination

Combination with Squat

## EVENT CODE

PLBHPR

PLDEAD

PLSQUA

PLCOMB

PLCOMS