

# Legacy Lift

Event Date

Sat, Mar 9 2024, 10am - 6pm

## BLUEFIELD LEGACY LIFT

### ANNUAL WEIGHT LIFTING EXHIBITION

MEET OPENS: 10AM | WEIGH INS: 12PM | START TIME: 1PM

### Bench Press & Deadlift!

- \$20 FitRec Members
- \$25 Non-Members

*Free Event T-Shirt - \*First 50 Entries\**

### + High School Team Lift

Total Weight of 5 Students Per School

IN MEMORY OF TONY WEBSTER III & JACK SPENCER

MARCH 9TH, 2024

#### Age Groups

- 14-15
- 16-17
- 18-24
- 25-35
- 36-49
- 50+ (Elder Class)

*Judged Using Wilks Formula*

\*\*\*RAW\*\*\*

Online Registration



[secure.rec1.com/WV/bluefield-wv/catalog](https://secure.rec1.com/WV/bluefield-wv/catalog)



PROCEEDS BENEFIT LIL TONY FOUNDATION  
& BALLARD CHRISTIAN SCHOOL



(304) 325-5707 | 703 College Ave. | [BluefieldWV.Gov](http://BluefieldWV.Gov)

Join us for the annual lifting exhibition hosted by the City of Bluefield WV Parks and Recreation at the FitRec on March 9th, 2024. The Legacy Lift, in memory of Lil Tony III and Jack Spencer, promises an exciting day of strength and camaraderie with proceeds benefiting Ballard Christian School and the Lil Tony Foundation.

Event Highlights:

Judging based on the Wilks method

High school Team Lift - 5 Man Total

Age groups: 14-15, 16-17, 18-24, 25-35, 36-45, 46-49, and 50+

Members: \$20, Non-members: \$25

Featured lifts: Bench Press and Deadlift

Free Event T-shirt for the First 50 Registrations!

Online registration: <https://secure.rec1.com/WV/bluefield-wv/catalog>

or Call 304-325-5707



Thank you to the sponsors of this event!

