Sign Up Deadline Online: February 19th

**Play Begins:** Weigh-in starts Friday, February 22th @ 4:30pm for all competitors. Weigh-in will close @ 5pm for all contestants. All contestants must be signed in, weighed and ready to compete at this time.

**Meet Structure:** The meet will have two weight divisions for men’s and women’s, the median weight of all contestants will determine where the divisions are set. All contestants will complete bench press, leg press, and dead lift using a multi-rep max formula to calculate their one rep max. The Schwarz/Malone formula will be used to determine top lifters. Meet points will also be given to teams of five (5). Individual/Dual sport points will be given otherwise.

**Leagues Offered:** Men’s, Women’s and Faculty/Staff

**Signup Procedure:** All entries will be taken online. ([http://wellness.okstate.edu/intramural](http://wellness.okstate.edu/intramural)) A $15 forfeit will be assessed to those who fail to show.

**Awards:** Intramural Champions T-shirts will be given to the winners of each league. All-University points will be awarded for those individuals in the points race.