



City of Wilmington, Mayor Mike Purzycki and Department of Parks & Recreation Director Ian R. Smith present:



— *The Annual Chris A.R. Dolley* —

Men's & Women's Push & Pull Power Lifting Contest “Honoring Mr. Terry Hill”



Saturday, October 21, 2023
Weigh-In: 9:00am Sharp
Start Time: 10:00 am
WHACC - 501 N. Madison Street



Weight Classes: Light (130 – 150 lbs.); Middle (160 – 180 lbs.); Heavy (190 lbs.& up)

Lifts: Bench, Deadlift, Squat (non-sanctioned)

For more information contact:

Mark Williams (302) 803-0801 | Barry Milburn (302) 377-8320; bamilburn@wilmingtonde.gov



***Awards will be given for
1st, 2nd, 3rd places***

"In accordance with Title VII of the Civil Rights Act of 1964, state and federal law, no person or group shall be excluded from participation, denied any benefits, or subjected to discrimination on the basis of race, color, national origin, age, sex, religion, handicap, and/or disability." General complaints or inquiries should be directed to: Affirmative Action Officer (302-576-2460); and, persons with disabilities may contact, 504 Coordinator (302-576-2460), City of Wilmington, Department of Human Resources, 4th Floor, 800 French Street, Wilmington, Delaware 19801. TTY is available at 302-571-4568 or 1-800-232-5460."