

7TH BI-ANNUAL STATELINE FAMILY YMCA BENCH PRESS / DEAD LIFT COMPETITION SATURDAY, APRIL 10th, 2010

Time of Competition - Weigh in from 9:30 a.m. - 10:00 a.m.

Rules will be explained immediately following weigh ins.

Lifting will begin about 10:15 a.m.

- Entry fees are \$35 per class (bench press or dead lift). Participate in both for \$60.
 - Men's and Women's weight classes are as followed: 132 (fly), 165 (light), 198 (middle), 242 (light heavy), and 243 (super heavy). ****You must be at or below the listed weights to be in that class.****
 - There will be a teen class for lifters who are 14 - 19 years of age, an open class for lifters 20 - 45 years of age, and a masters class for lifters **over** the age of 45.
 - Every class will be divided into weight classes. (Teen, Open, Masters)
 - Every participant under the age of 18 **MUST** have proof of permission signed by their legal guardian!
 - Awards will be given for First place through Third place in every class.
 - Only single-ply poly bench shirts or dead lift suits will be allowed.
1. Bench Press will be done first. Dead Lift will follow after everyone has lifted.
 2. Everybody will be given three attempts.
 3. Wilkes formula will be used to score weights.
 4. "Bench your weight" side contest will be preformed after the Bench Press Competition is completed (before dead lift). Bench your weight contest will have a \$5 entry and winner takes **ALL** Cash!!

Free T-Shirts for all paid competitors. Mark your size on the entry forms.

***** Late entry not guaranteed a T-Shirt the day of Competition *****

All entry forms must be postmarked by March 20th.

You may still compete if entry forms are late or you may come in the day of the event, however, you must pay an additional \$5 per class.

YMCA BENCH PRESS / DEAD LIFT ENTRY FORM

Name _____ Age _____ Weight _____ Gender **M / F**

Address _____

_____ Phone Number _____

E-Mail Address _____

****By using information given on the first page, circle age and weight and whether you are competing in Bench Press, Dead Lift or Both.****

Men's :	Bench Press	/	Dead Lift	/	Both
	Teen	Open	Masters		
	132	165	198	242	243+

Women's:	Bench Press	/	Dead Lift	/	Both
	Teen	Open	Masters		
	132	165	198	242	243+

Shirt Size (Please Circle) : S M L XL XXL

Liability Waiver

I, _____, hereby take all responsibility in the case of injury during this competition and deem all involved with running or organizing the competition free of responsibility of any injury.

Signature of participant _____ Date _____

****Signature of legal guardian (if under 18)**

Make Checks payable to: Stateline Family YMCA and mail with entry form to:

Stateline Family YMCA
1865 Riverside Drive
Beloit, WI 53511

Entry forms may also be turned into from desk.