

# 14<sup>th</sup> Annual Wisconsin's Best Bench Press

www.wisconsinsbestbench.com

**Date:** Saturday, April 14, 2012 **Place:** Independence Public School, Independence, WI (Hwy 93 North and Indee Blvd.) **Times:** *early weigh-ins:* 6:00-7:45pm Friday, *weigh-ins* 7:45-9:45am Saturday

**Rules:** 10:30 am Saturday, Lifting Will Begin at 11:00am. 3 platforms will be used if needed.

**Wt Classes:** Men 114 123 132 148 165 181 198 220 242 275 308 SHW  
Women 97 105 114 123 132 148 165 181 SHW

**Divisions:** Teen, Open, Sub-masters (35-39), Masters I (40-48), Masters II (49-55), Masters III (56+), Police and Fire. Shirt or Raw in all divisions.

**Entry Fee:** \$30 teen, \$35 adult (\$40 late registration-please call ahead) 2<sup>nd</sup> Division \$20  
Proceeds will be donated to the Independence Public School for the development of the Athletic Department. Team Event: \$20-must have seven lifters in different weight classes or divisions. All must enter individually.

**Awards:** Everyone will receive a trophy that completes one lift unless they use foul language or throw a temper tantrum. There will be best lifter trophies. T-shirts are available to purchase for \$15.00 if interested please note below. A breakfast will be served.

**Return Entry Form and Fee by April 7th, 2012** to the meet director Glen Woychik N34146 Moga Rd Independence, WI 54747 (715) 985-2608 **Make Checks payable to: Wisconsin's Best Bench Press**

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Name \_\_\_\_\_ Total Amount Enclosed \$ \_\_\_\_\_

T-Shirt Size: S, M, L, XL, XXL, XXXL

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Zip Code \_\_\_\_\_ Phone \_\_\_\_\_ Age \_\_\_\_\_

Weight class \_\_\_\_\_ Division \_\_\_\_\_ Shirt/Raw/Ironman(circle one)

Male/Female(circle) e-mail address \_\_\_\_\_

1<sup>st</sup> attempt: (may change at weigh ins) \_\_\_\_\_

*In consideration of your acceptance of this entry, I hereby waive, for myself, my heirs, and assigns, any and all claims for injury or damages which may incur by virtue of my competing in this meet as against Glen Woychik, his agents or the Independence Public School District. I also realize that the sport of power lifting is a high risk sport and I could be injured. I certify that I am in good health and have no serious health problems and assume full responsibility for such conditions. I have read and fully understand this waiver and assume all risks for injury, and do hereby verify by my signature. DO NOT SIGN BEFORE READING THIS DOCUMENT FULLY AND CAREFULLY.*

Signature

Date

Parent Signature if under 18

Date

***For the very best in Bench Press Shirts and Power Lifting Apparel contact  
INZER ADVANCE DESIGNS at 1-800-222-6897***