

15TH ANNUAL CENTRAL WISCONSIN BENCH PRESS AND DEADLIFT CHAMPIONSHIPS

Date: Saturday March 17, 2012

Place: Adams-Friendship **HIGH SCHOOL** Turn EAST by stop light on East North ST.

Weigh ins: Early weigh ins: Friday 6:00pm-8:00pm and Saturday 7:00am-8:30am

Rules: 8:30am rules meeting and Lifting begins at 9:15am

Wt. Class: MEN: 114 123 132 148 165 181 198 220 242 275 308 SHW
WOMEN: 97 105 114 123 132 148 165 181 SHW

Divisions: Youth 11-12, Teen junior 13-15, Teen Senior 16-19, Junior Open 20-26
Open 27-34, Sub Master 35-39, Master1 40-48), Masters II (49-55), Masters III (56+), Police/Fire,
Shirt and/or Raw Bench press competition only. Deadlift is equipped and/or raw.

Team: Must have seven lifters in different weight classes, or divisions. All must enter individually

Entry Fee: \$25.00 Teen, \$35.00 Adult Team Event \$30.00, **All proceeds will be used towards the support of the high school powerlifting club.**

Awards: All lifters in the competition will need to have at least one successful attempt to receive a trophy,
There will be best lifter trophies given, in both bench only and deadlift competition

BREAKFAST WILL BE SERVED AT THE HIGHSCHOOL AS WELL

T-Shirts are available to purchase for \$15.00

Our past sponsors for this contest

Inzer Advance Designs, House of Pain, Monster Muscle Mag., Powerlifting USA, Magnum Fitness,
Titan Support Systems, Fitness Factory, Strong Arm Sports, Matrix and Crain's Muscle World

****Bench your Body Weight: \$1.00 winner takes all - sign up at meet**

**Make checks payable to: Central Wisconsin Powerlifting, P.O. BOX 286 Tomah WI,
54660-0286 cell 608-403-1830 E-Mail joshscarberry@rocketmail.com**

**ENTRY FORM AND FEE BY March 10th, 2012, after \$10.00 more. Late entries ok but MUST call
AHEAD!!**

Visit www.wisconsinsbestbench.com for more information on our meet and others.

*** Recommended to wear singlet or dead lift suit for events. ***

PART TO RETURN -----<cut here>-----

Name: _____ Total Amount Enclosed \$ _____

Address: _____ Phone: _____

City: _____ State: _____ Zip: _____ Age: _____ Gender: M F

E-Mail Address: _____

Weight Class: _____ Division: _____ T-Shirt Size: M L XL XXL XXXL (\$15.00)

Bench Press competition _____ Deadlift Competition _____ And/Or Both _____
(CAN DO BOTH FOR AN ADDITIONAL \$20.00)

bench competition (bench Raw (x) _____ bench Shirt (x) _____

Deadlift competition (Raw (x) _____ (Equipped (x) _____

Team: (x) _____ Team name: _____

If you have any questions or any other concerns please call. This is a non-sanction competition.

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 Josh Scarberry, his agents or the Adams Friendship 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) _____