

13th Annual Wisconsin's Best Bench Press

www.wisconsinsbestbench.com

Date: Saturday, April 16 2011 **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) 2nd 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 9th, 2011 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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here-----

Name _____ Total Amount Enclosed \$ _____

T-Shirt Size: (circle one) 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 _____

1st 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***