

# 12<sup>TH</sup> ANNUAL CENTRAL WISCONSIN BENCH PRESS AND POWER LIFTING (SQUAT, BENCH AND DEAD LIFT) CHAMPIONSHIP

Date: Saturday March 28, 2009

Place: Adams Friendship High School (Hwy 13 to East North Street go East 1 Mile)

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

Rules: 8:30am 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

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

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

Entry Fee: \$25.00 Teen, \$30.00 Adult Teem Event \$20.00, to enter both bench and  
powerlifting cost is \$20.00 more

All proceeds will be used towards the support of the high school powerlifting club.

Awards: All lifters in the bench press competition will receive a trophy as long as they make one of their  
3 attempts. In the powerlifting competition lifters will need to make at least one of their lifts  
in all events (squat, bench and deadlift)

There will be best lifter trophies given, in both bench only and powerlifting competition

**BREAKFAST WILL BE SERVED BY A-F HIGH SCHOOL POWERLIFTING CLUB @ 7:00am**

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: A-F Weight Club / John Easterly 734 Deerborn Dr  
Grand Marsh, WI 53936**

608 339-3977 or cell 608-548-0526 E-Mail [easterly@maqs.net](mailto:easterly@maqs.net)

**ENTRY FORM AND FEE BY March 20, 2009, after \$10.00 more. Late entries ok Please call**

Visit [www.wisconsinsbestbench.com](http://www.wisconsinsbestbench.com) for more information on our meet and others.

\_\_\_\_\_ <cut here> \_\_\_\_\_

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

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: M F

T-Shirt Size: M L XL XXL XXXL (\$15.00)

E-Mail Address: \_\_\_\_\_

\*Powerlifting competition \_\_\_\_\_ Or Bench Only \_\_\_\_\_ Check both if entering bench and powerlifting competition cost for both is \$50.00 for adult and \$45.00 for Teen \*Powerlifting competition is mixed raw and equipped.

Weight Class: \_\_\_\_\_ Division: \_\_\_\_\_ bench Raw(x) \_\_\_\_\_ bench Shirt(x) \_\_\_\_\_ can do both.

Team: (x) \_\_\_\_\_ Team name: \_\_\_\_\_

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 John Easterly, 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)