

TimLeutgebMJG@gmail.com ***RIVER FALLS DAYS***

# **BEST BENCH PRESS COMPETITION**

All proceeds benefit the River Falls High School Power Lifting Club

**Date:** Saturday, July 9, 2016

**Location:** Heritage Park band stage, River Falls, WI

**Registration:** Complete and mail attached form, Deadline is July 1<sup>st</sup>, fee for late registration is \$10

**Cost:** \$30 for ages 13-19, \$35 for ages 20 and over

**Schedule:** Early weigh-in: Friday, 3 - 6 pm, at RiverCity Ironworx  
Weigh-in: Saturday 9 - 10:30 am, River Falls City Hall, lower level  
Rules Meeting: Saturday, 10:30 am  
Lifting begins: Saturday, 11:00 am

**Notes:**

- Results will be separated for all divisions (raw or shirt)
- If three successful lifts are completed, a fourth lift will be offered.
- All lifters completing one lift will receive an award.
- T-shirts are available through pre-registration only for \$15
- There will be a bench your body weight contest at end of the competition, \$5 donation which you may include with registration.

**Questions:** Len Kaiser (651) 216-3189

**Make checks payable to:** River Falls Power Lifting Club

**Return registration form and fee to:**

Ty Oberlin, 444 Crocus Hill Road, Hudson, WI 54106

# *RIVER FALLS DAYS*

## BEST BENCH PRESS COMPETITION

### Registration Form

One entry form per lifter:

Lifter's Name		Age	
Address			
Phone		Email	
Sex/Weight Class (circle one)	Men: 114 123 132 148 165 181 198 220 242 275 SHW Women: 97 105 114 123 132 148 165 181 SHW		
		Cost	Amount
Division (circle one)	Teen Junior (13-15), Teen (16-19)	\$30	
	Open (20-34), Sub-masters (35-39), Masters I (40-48), Masters II (49-55), Masters III (56+)	\$35	
T-Shirt (Available pre-registration only)	(circle one) Size: S M L XL XXL XXXL	Optional \$15	
	(circle one) Style: Male / Female		
Bench Body Weight Contest		Optional \$5	
Late Registration	For registrations after July 1 <sup>st</sup> , Please call	\$10	
<b>Make checks payable to: River Falls Power Lifting Club</b>		<b>Total</b>	

**Return entry form and fee to:** Ty Oberlin, 444 Crocus Hill Road, Hudson, WI 54106

#### ***RELEASE FROM LIABILITY***

*Read this release carefully. When you sign it, you will be giving up important rights. In consideration of the acceptance of my entry blank in this powerlifting competition, I intend to legally bound for not only myself, also my heirs, my executors, and my administrators. In signing this release from liability, I waive and release everyone connected with this competition from any and all liability, which may arise from this competition. I agree to pay any attorney fees and litigation expenses incurred by any person, real or corporate whom I may sue in an effort to challenge this release from liability. I understand that my agreement to pay attorney fees and litigation expenses is the sine que ono for the acceptance of my entry in this contest.*

**DO NOT SIGN BEFORE READING THIS DOCUMENT FULLY AND CAREFULLY.**

Lifter's Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of parent or guardian if under 18 years old \_\_\_\_\_