

RIVER FALLS DAYS

BEST BENCH PRESS COMPETITION

All proceeds benefit the River Falls High School Power Lifting Club

Date: Saturday, July 15, 2017

Location: Heritage Park band stage, River Falls, WI

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

Cost: \$20 for ages 13-19, \$25 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: Tim Norum (580) 774-9282

Make checks payable to: River Falls Power Lifting Club

Return registration form and fee to:

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

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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)	\$20	
	Open (20-34), Sub-masters (35-39), Masters I (40-48), Masters II (49-55), Masters III (56+)	\$25	
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 st , Please call	\$10	
Make checks payable to: River Falls Power Lifting Club		Total	

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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 _____