**YMCA OF GREATER FLINT**

**REP-OUT CLASSIC**

**DATE: May 19, 2018**

**LOCATION:** Flint YMCA Downtown Branch (411 East Third Street)

**WEIGH IN TIME: 8:30am to 10:00am (Rules Meeting at 10:30am)**

**LIFTING STARTS FOLLOWING THE BENCH COMPETITION**

**ENTRY FEE: $30.00 (Must be post marked by May 15, 2018) Late entry fee $35.00**

**ADWARDS:** Top five Placers

**DIVISION: Open**

**RULES:** All participants must bench there body weight for as many reps as they can without bouncing the bar off there chest. No bounced reps will counted. Butt must remain flat to the bench at all times. All reps must touch your chest.

To enter this competition fill out the entry form. And mail it along with check or money order payable to The YMCA of Greater Flint Weightlifting Club. Mail to YMCA Of Greater Flint Attention Dave Cammon 411 E Third Street Flint, MI 48503.

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**REP- OUT ENTRY FORM**

**My current body weight is \_\_\_\_\_\_\_\_\_\_ lb**

**Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**City \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State \_\_\_\_\_\_ Zip\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age \_\_\_\_\_\_\_\_\_\_\_\_\_**

**E-Mail \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

I understand and agree that neither the YMCA of greater Flint nor its employees or offers may be held liable for any occurrence in connection with this competition which could result in injury, death, or damages to me. In consideration of being allowed to compete in this event, I hereby assume all risks in connection with this event and release the YMCA of Greater Flint, its Weightlifting Club operators and all other employees or officers or persons in any way connected with this event or with the YMCA of Greater Flint, for any injury or damage which may befall me while I am engaged in this event, including all risk connected therewith, whether foreseen or unforeseen; and I do further agree to save and hold harmless the YMCA of Greater Flint and all the above-mentioned from any claim by, or by my heirs, executors, administrators, personal representatives and assigns arising out of my participation in this event. I have fully informed myself of the contents of this document by reading it before I signed it

**Signature of Participant \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Signature of Parent if under 18 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**NO BENCH SHIRTS OR ELBOW RAPS ALLOWED TO BE USED AT THIS MEET**