**YMCA OF GREATER FLINT**

**DARUS TIDWELL MEMORIAL BENCH CHAMPIONSHIPS**

**DATE: September 28, 2019**

**LOCATION:** Flint YMCA Downtown Location (411 E Third Street)

**WEIGH IN TIME: 8**:00am to 9:30am (Rules meeting at 9:45am) 10:30am Lifting Starts

**ENTRY FEE: $30.00 (Must be post marked or paid by September 25, 2019) Late entry fee $35.00) Entry fee is non refundable.**

**DIVISIONS:** Open, Teenage, Women, Masters, 50 to 64, Masters 65 and Over

**OPEN WEIGHT CLASSES:**95,114,123,132,148,165,181,198,220,242,275,308, Super Heavy

**WOMEN WEIGHT CLASSES:** 95,104,114,123,132,148,165,181,198,220,242, Super Heavy

**ADWARDS:** Top three Placers

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.

**DARUS TIDWELL BENCH PRESS ENTRY FORM**

**Please enter me in the \_\_\_\_\_\_ lb Weight Class**

**Division: Open \_\_\_\_ Women \_\_\_\_ Teenage Men \_\_\_\_\_ Teenage Women \_\_\_\_\_\_ Master 50 to 64 \_\_\_\_\_\_**

**Masters 65 and over \_\_\_\_\_**

**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 ELBOW RAPS OR BENCH SHIRTS ALLOWED TO BE USED AT THIS MEET**