**YMCA OF GREATER FLINT**

**BENCH PRESS CHAMPIONSHIPS**

**DATE: June 1, 2019**

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

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

**11:30** am Lifting Starts

**ENTRY FEE: $30.00 (Must be post marked by May 28, 2019) Late entry fee $35.00**

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

**OPEN WEIGHT CLASSES:** 114,123,132,148,165,181,198,220,242,275,300, 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.

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