

SCHWEIZER FEST

BENCH PRESS COMPETITION

Saturday, August 11, 2018

Weigh-In - 9:00 a.m. Competition - 10:00 a.m.

\$20 entry fee by Aug 4th

\$25 entry fee after Aug 4th

Must be at least 15 to participate!

Under 18 must have parent's signature.

WEIGHT CLASSES

MEN: Under 145

146-166

167-181

182-198

199-219

220 & over

Masters 40 & up

Women: Under 130

130 + over

Pd: Date: Method:

Name: _____

Cell Phone #: _____

Email Address: _____

Date of Birth: _____ Age: _____

Weight: _____ Male / Female

Shirt Size: S M L XL 2XL 3XL 4XL

Bench Press Competition Rules

- **Each contestant will get 3 chances to press a 1 rep max.**
- **The first amount of weight you choose to lift must be accomplished before moving up in weight and you can't decrease the amount of weight you chose for the first lift.**
- **Hips stay on the bench and feet stay on the floor.**
- **Bar needs to touch chest before lifting into a locked out position.**
- **No bench shirts allowed.**
- **The contestant lifting the most amount of weight in your weight class will win that class.**
- **Overall and Master winners will be determined by percentage of bodyweight lifted.**