

FLEX GYM

2017 BENCH PRESS & DEADLIFT CLASSIC

Saturday – April 29, 2017 10:00 A.M.

Flex Gym

4020 Bonney Rd.

Virginia Beach, Virginia 23452

Ph. (757) 631-2445 www.flexgymbv.com

Questions/Concerns - Please call:

Rachael Podruchny or Zach Smith (757) 631-2445

EVENTS: **BENCH/DEADLIFT** **BENCH ONLY** **DEADLIFT ONLY**

GENERAL BENCH PRESS RULES: No bench shirts allowed. No gloves allowed. Wrist wraps and belts are o.k.

GENERAL DEADLIFT RULES: No deadlift suits, no lifting straps, no gloves allowed. Wrist wraps and belts are o.k.

DIVISIONS: **OPEN-MEN/WOMEN** **ALL AGES**
 TEEN **13-19**
 MASTER’S –MEN / WOMEN **40-49, 50-59, 60+**

WEIGHT CLASSES

WOMEN-	114& below	123	132	148	165	181	198	198+		
MEN-	123 & below	132	148	165	181	198	220	242	275	SHW

AWARDS:

ALL WEIGHT CLASSES 1st – 5th

BEST LIFTERS (MEN – WOMEN – TEEN - MASTER)

TEAM 1ST-2nd (Points awarded for Men’s and Women’s OPEN bench press event only).

WEIGH-INS: @ FLEX GYM

Friday, April 28 **6 p.m.-8 p.m.** **Recommended if possible.**

Saturday, April 29 **7:30 a.m. – 9:00 a.m.**

**IF YOU HAVE NOT COMPLETED THE WEIGH IN BY
9:00 A.M. , YOU WILL NOT BE LIFTING IN THE MEET.**

Saturday, April 29th **Rules meeting 9:30a.m.** **Lifting starts at 10:00am Sharp**
**** Bench awards will be presented after the bench contest finishes ****
Deadlift event will start after bench awards.

ENTRY FEE: \$45.00

LATE FEE: Add \$10.00 (after April 22nd)

CROSSOVER DIVISIONS: Add \$20.00 (Example – Men’s open and men’s masters))

T-SHIRTS available at the meet for \$12.00 each (M,L,XL) \$14.00 (2XL,3X) Limited supply.

T-SHIRT IS INCLUDED IN ENTRY FEE IF ENTRY IS RECEIVED BY April 17th.

TEAM FEE: \$45.00 (minimum 3 lifters, maximum 10 lifters per team)

Send checks or money orders payable to:

FLEX GYM

4020 BONNEY RD

VA BEACH, VA. 23452

PLEASE RETURN WITH PAYMENT. PLEASE PRINT CLEARLY.

NAME: _____ AGE: _____ PHONE: _____

MAILING ADDRESS: _____ CITY : _____

STATE: _____ ZIP: _____ E MAIL _____ M/F _____

EVENT: (Circle one) BENCH/DEADLIFT BENCH ONLY DEADLIFT ONLY

WT CLASS: _____ DIVISION(S): _____ TEAM NAME: _____

MY COST

ENTRY FEE \$45.00 _____

LATE FEE \$10.00 _____

CROSSOVER DIVISON \$20.00 EACH _____

(Example – You want to enter both the Men’s Open and Master’s division)

TEAM FEE (in addition to individual entry fees) \$45.00 _____

One fee per team Note that team points are awarded for Men’s & Women’s OPEN bench only)

T SHIRT – CIRCLE SIZE M, L, XL \$12.00 EACH _____

2XL & 3XL \$14.00 EACH _____

FREE T-SHIRT IF ENTRY IS RECEIVED BY April 17th. BE SURE TO STATE SIZE.

TOTAL ENCLOSED \$ _____

In consideration of acceptance of my entry into this bench/deadlift press competition, I intend to be legally bound, for not only myself, but for my heirs, executors and administrators. In signing this release from liability, I waive and release Flex Gym, sponsors and everyone connected with this competition from any liability which may arise from this competition. I agree to pay any attorney fee and litigation expenses incurred by any person who I attempt to sue to challenge this liability form.

Signature in full of applicant

Signature of parent or legal guardian if under 18