



## Rules

1. A singlet or tight shorts must be worn
2. Single ply bench shirts and wrist wraps are legal in the geared division
3. No street clothes or lifting gloves
4. Thumbless or reverse grip not allowed
5. Bar must come to a complete stop with a visible pause on the chest. Lifter must wait for the "Press" and "Rack" command from the Head Judge
6. Use of performance enhancing drugs prior to or during the contest is prohibited



519 1/2 Chestnut Street  
Virginia, MN 55792



April 29, 2017

Name \_\_\_\_\_ Gender \_\_\_\_\_  
 Address \_\_\_\_\_  
 City, State, Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ email \_\_\_\_\_  
 Date \_\_\_\_\_ Age \_\_\_\_\_ Weight \_\_\_\_\_  
 Fee Enclosed \$ \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

**Division - Weight Class (Enter One Division Only)**  
 Raw (Belt and Wrist Wraps) \_\_\_\_\_ Geared (Single Ply Poly Bench Shirts) \_\_\_\_\_  
 Open \_\_\_\_\_ Women's \_\_\_\_\_  
 Teen \_\_\_\_\_ Women's Master's \_\_\_\_\_  
 Men's Master's \_\_\_\_\_

**Release from Liability**

In consideration of the acceptance of my entry in this bench competition, I intend to be legally bound for not only myself, but for my heirs, my executors, and my administrator. In signing this release from Liability, I waive and release everyone connected with this competition from any and all legal liability which may arise from this competition.

I agree to pay any attorney fees and litigation expenses incurred by any person, real or corporate, whom I may sue in an effort to challenge this release from liability.

Signature: \_\_\_\_\_

Parent or Guardian of Minor: \_\_\_\_\_

**Cost**  
 \$35.00 Entry Fee (Includes T-Shirt)  
**Make checks payable and return with entry by April 14, 2017 to:**

Supreme Court Fitness and Racquetball  
 519 1/2 Chestnut St. Virginia, MN 55792

No entries on day of event.  
 \$10 late entry fee will be enforced.  
 Any entry received after April 21, 2016 will not be processed and will be returned to sender.

**Questions or to Register**

Supreme Court Racquetball and Fitness,  
 John Tini (218) 741-2256

**Event Location and Time**

Mesabi Community College  
 9th Avenue & West Chestnut  
 Virginia, MN 55792

9:30 AM Lifters Meeting (required for all lifters)  
 - Mesabi Weight Room

10:00 AM Lifting to begin  
 - Mesabi Multi-Purpose Room

**Weigh-Ins**

Friday April 28, 2017 5:00 PM to 7:00 PM  
 at Supreme Court Fitness and Racquetball or  
 Saturday April 29, 2017 8:30 AM to 9:30 AM  
 Mesabi Community College Multi-Purpose Room

**Divisions**

Open (by weight class)  
 Teen (by weight class)  
 132, 148, 165, 181, 198, 220, 242, 275, 319, 319+

Women's Open 145, 145+ (by formula)  
 Women's Master: (by formula)  
 I) 40-49 II) 50-59  
 III) 60-69 IV) 70-79

Men's Master's (by formula)  
 Same Age Categories as Women's

Formula used: weight lifted / body weight

**Trophies**

1st through 3rd place trophies for each division.  
 One Best Lifter trophy for best overall Male and Female lifter

**April 29, 2017**

<https://sites.google.com/site/schaeffbauerbench>

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