FLEX GYM
2011 BENCH PRESS CLASSIC

Saturday – April 9. 2011
10:00 A.M.

Flex Gym
4020 Bonney Rd.
Virginia Beach, Virginia 23452
Ph. (757) 631-2445
Questions - Please call: Al Walke (757) 631-2445
Bonnie Berg (757) 631-2445 Bill Francis (757) 724-6933

EVENTS: **THIS IS A BENCH PRESS ONLY MEET**
GENERAL BENCH PRESS RULES: No bench shirts allowed. 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-3RD (Points awarded for Men's and Women's OPEN bench press event only).

WEIGH-INS: @ FLEX GYM
Friday, April 8 6 P.M. – 8 P.M. **HIGHLY RECOMMENDED!!!!**
Saturday, April 9 7:30 A.M. – 9:00 A.M. IF YOU ARE NOT WEIGHED IN BY 9:15 A.M. SATURDAY YOU WILL NOT BE LIFTING IN THE MEET. PLEASE PLAN AHEAD.
Saturday, April 9 **Rules meeting 9:30 A.M.** **Lifting starts at 10:00 A.M. Sharp**
ENTRY FEE: $45.00
LATE FEE Add $10.00 (after April 2)
CROSSOVER DIVISIONS: Add $20.00 (Example – you are lifting in the Men's open and the men's masters)
T-SHIRTS - available at the meet for $12.00 each (M,L,XL) $14.00 (2XL,3X)
T-SHIRT IS INCLUDED IN ENTRY FEE IF ENTRY IS RECEIVED BY APRIL 2
TEAM FEE: $45.00 PER TEAM (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 _____MALE / FEMALE: _____

WT CLASS:_____DIVISION:_____ TEAM NAME :_____

2nd DIVISION (IF APPLICABLE) _____

		MY COST
ENTRY FEE	$45.00	_____
LATE FEE	$10.00	_____
CROSSOVER DIVISON (Example – You want to enter both the Men's Open and Master's division)	$20.00 EACH	_____
TEAM FEE (in addition to individual entry fees) (One $45.00 fee for entire team)	$45.00	_____
T SHIRT – CIRCLE SIZE M, L, XL	$12.00 EACH	_____
2XL & 3XL	$14.00 EACH	

FREE T-SHIRT IF ENTRY IS RECEIVED BY APRIL 2. BE SURE TO STATE SIZE.

TOTAL ENCLOSED $_____

In consideration of acceptance of my entry into this bench 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 every one 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 21