

# FLEX GYM

## 2012 BENCH PRESS & DEADLIFT CLASSIC

Saturday – May 5, 2012 10:00 A.M.

Flex Gym

4020 Bonney Rd.

Virginia Beach, Virginia 23452

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

Questions - Please call: Al Walke (757) 631-2445

Bonnie Berg (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 1<sup>st</sup> – 5th

BEST LIFTERS (MEN – WOMEN – TEEN - MASTER)

TEAM 1<sup>ST</sup>-3<sup>RD</sup> (Points awarded for Men's and Women's OPEN bench press event only).

### WEIGH-INS: @ FLEX GYM

Friday, May 4 6 p.m.-8 p.m. Recommended if possible.

Saturday, May 5 7:30 a.m. – 9:00 a.m. IF YOU HAVE NOT COMPLETED THE WEIGH IN BY 9:15 A.M. , YOU WILL NOT BE LIFTING IN THE MEET.

Saturday, May 5 Rules meeting 9:30a.m. Lifting starts at 10:00am Sharp

\*\* Bench awards will be presented after the bench contest finishes.

Deadlift will start at approximately 1:00 after bench awards.

ENTRY FEE: \$45.00

LATE FEE Add \$10.00 (after April 28)

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)

**T-SHIRT IS INCLUDED IN ENTRY FEE IF ENTRY IS RECEIVED BY April 28.**

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 28.. 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 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 18