

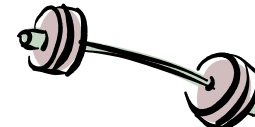


The Lower Bucks Family YMCA

Fairless Hills Branch
601 S. Oxford Valley Rd.
Fairless Hills, PA 19030
215-949-3400

OUR VISION... a Lower Bucks Community where ALL can enjoy safe and healthy opportunities to strengthen Spirit, Mind and Body.

OUR MISSION... To create relationships and offer programs that provide a healthy start for children, growth for youth and teens, wellness for adults, and unity for families.



Lower Bucks Family YMCA Fairless Hills Branch

Natural Bench Press Competition

Saturday June 5th, 2010

TIMES:

- Early weigh-in Friday June 4th, 6:00-7:30pm.
- Weigh-in Saturday Morning 8:30-10:00am.
- Rules briefing begins at 10:15am.
- Start Time 11:00am.

QUALIFICATION:

- Meet is open to all amateur athletes

AWARDS:

- Medals given for 1st through 3rd place

MEET SHIRTS:

- All lifters will receive T-Shirts

ENTRY FEE:

- \$30.00 All entries must be postmarked by Friday, May 28th 2010. Registration held to the first 50 lifters. Send all entries or drop at The Fairless Hills YMCA, 601 S. Oxford Valley Rd., Fairless Hills, PA 19030. Money orders or cash, NO CHECKS.

EQUIPMENT:

- No gloves, no tape, no long pants, one piece lifting suit or shorts and t-shirt (with shirts tucked in) are required, no bench press shirts. Wrist wraps are allowed.

Call Michael Linder at 215-949-3400ext. 68 or
Bob DeRisi at 215-949-3400 ext. 28 for more information.



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FAIRLESS HILLS YMCA BENCH PRESS RULES

No abusive language: good sportsmanship must be displayed at all times.
If a lift is missed you must repeat the weight or move up 5 pounds. You may not decrease the weight.

Clothing colors must be in contrast to the bench. Shorts and T-Shirts are acceptable attire. No long pants or jeans, shirts must be tucked into shorts.

Shoulders, butt and feet must remain flat throughout the entire bench press. There will be two commands from the head judge for the Bench Press:
1) Press; 2) Rack, failure to obey either command will result in loss of the lift.

There will be two side judges and one head judge.

There will be two plate loaders and spotters.

The lifter has one minute to make a bona-fide attempt at the bar after the bar has been appropriately loaded.

Flights will be posted after rules briefing.

No ammonia on the platform.

If you receive a hand-off, your hand off person must move quickly from the judges view. If a judge is blocked, the lift is lost.

MENS WEIGHT CLASS:

114, 123, 132, 148, 165, 181, 198, 220, 242, 275, SHW

WOMENS WEIGHT CLASS:

97, 105, 114, 123, 132, 148, 165, 181, SHW

CLASSES:

Teen (15-19)

Open (20-Open)

Lower Bucks Family YMCA Bench Press

Entry and Waiver

Entry Deadline Friday, May 28, 2010

First Name _____ Last Name _____

Male _____ Female _____

Street Address _____

City _____ State _____ Zip _____

Home # _____ Cell # _____

E-Mail Address _____

Date of Birth _____ Age on day of event _____

In consideration of my entry, I agree to waive all rights for injury that I may obtain lifting in the contest, traveling to this event or away from this event. I realize that weight lifting is a physical and dangerous sport, if I should obtain an injury, I agree not to hold the Lower Bucks Family YMCA, Fairless Hills Branch, its spotters, staff, the meet venue facility, its sponsors or anyone associated responsible with this event liable. If a case shall arise, I agree to pay all legal and medical expenses for myself and the YMCA Organization.

Lifter's Signature _____
(Parent signature if Lifter is under 18 years old)

Lifter's Name _____ Date _____
(Please Print)

Send entry or drop off by Friday, May 28th, 2010 to:

Lower Bucks Family YMCA
601 S. Oxford Valley Rd.
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All entry fees are non-refundable and non-transferable.