

# 19th Annual Wisconsin's Best Bench Press & Deadlift

www.wisconsinsbestbench.com

**Date:** Saturday, April 22nd, 2017 **Place:** Independence Public School, Independence, WI (Hwy 93 North and Indee Blvd.) 45 minutes from Eau Claire and La Crosse. **Times:** *early weigh-ins:* 6:00-7:45 pm Friday, *weigh-ins* 7:00-8:45 am Saturday **Rules:** 9:15 am Saturday, Lifting will begin at 10:00am. 3 platforms will be used if needed.

**Wt Classes:** Men 114 123 132 148 165 181 198 220 242 275 308 SHW  
Women 97 105 114 123 132 148 165 181 198 220 242 SHW

**Divisions:** Youth, Teen, Open, Sub-masters (35-39), Masters I (40-48), Masters II (49-55), Masters III (56+), Police and Fire. Equipped or Raw in all divisions. You can bench, or deadlift or enter both.

**Entry Fee:** Each event will be \$35 teen, \$40 adult (\$50 late registration-please call ahead) 2<sup>nd</sup> Division \$25. For example, if an adult enters by the deadline and wants to do both bench and deadlift that person would pay \$80.

**Team Event:** \$25-must have seven lifters in different weight classes or divisions. All must enter individually.

**Proceeds will be donated towards Independence Public School for the development of the Athletic Dept.**

**Awards:** Everyone will receive a trophy that completes one lift unless they use foul language or throw a temper tantrum. There will be best lifter trophies.

**T-shirts** are available to purchase for **\$15.00** if interested please note.

**Return Entry Form and Fee by April 14th, 2017** to the meet director Glen Woychik N34146 Moga Rd Independence, WI 54747 (715) 985-2608

**Make Checks payable to: Wisconsin's Best Bench Press**

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Name \_\_\_\_\_ Total Amount Enclosed \$ \_\_\_\_\_

T-Shirt Size: S, M, L, XL, XXL, XXXL

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Zip Code \_\_\_\_\_ Phone \_\_\_\_\_ Age \_\_\_\_\_

Weight class \_\_\_\_\_ Division \_\_\_\_\_ Shirt/Raw/Ironman (circle one) bench  
Suit/Raw (circle one) dead lift

Male/Female (circle) e-mail address \_\_\_\_\_

*In consideration of your acceptance of this entry, I hereby waive, for myself, my heirs, and assigns, any and all claims for injury or damages which may incur by virtue of my competing in this meet as against Glen Woychik, his agents or the Independence Public School District. I also realize that the sport of power lifting is a high risk sport and I could be injured. I certify that I am in good health and have no serious health problems and assume full responsibility for such conditions. I have read and fully understand this waiver and assume all risks for injury, and do hereby verify by my signature. DO NOT SIGN BEFORE READING THIS DOCUMENT FULLY AND CAREFULLY.*

Signature \_\_\_\_\_ Date \_\_\_\_\_ Parent Signature if under 18 \_\_\_\_\_ Date \_\_\_\_\_

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INZER ADVANCE DESIGNS at 1-800-222-6897**