



NEW BODY HEALTH & FITNESS

2009 OPEN BENCH PRESS CHAMPIONSHIPS

(Please Read Carefully)

Meet dateSun. April 12, 2009

LocationNEW BODY Health & Fitness,
107 N. Henry, Bay City, MI 48706

Meet Directors .. Terence Dangerfield (989-891-1365) &
Murray Sutherland (989-892-7686)

Weigh-Ins Sat. April 11, 2009 11:00AM - 12:30PM
Sun. April 12, 2009 9:00AM - 10:30AM

Lifting Starts11:00AM

Entry Fee \$45.00

Deadline Mon. March 30, 2009, late entries will be \$60 CASH ONLY

Divisions Men & Women Open, Masters, Teens

Women Lt.weight-up to & including 67.5kl. Heavy-75kl. To s-heavy wt.

Men 52.5, 56, 60, 67.5, 75, 82.5, 90, 100, 110, 125, 140, S-H

*All body weights are stated in kilos, one kilo equals 2.2046 pounds
One piece lifting suit is mandatory, Bench shirts are allowed.*

**Make checks payable to NEW BODY Health & Fitness
Return your completed entry form & non-refundable payment to:
Terence Dangerfield, 1002 Harding Rd. Essexville, MI 48732**

(Please Print All Information Clearly)

NAME _____ **AGE** _____ **M/F** (circle one)

ADDRESS _____ **CITY** _____ **STATE** _____ **ZIP** _____

PHONE _____ **EMAIL ADDRESS** _____

WEIGHT class _____ **Division** _____

Release from liability. Read this Carefully. By signing this, you will be giving up important rights.

In consideration of the acceptance of my enter form in this aforementioned power lifting competition, I understand that I will be legally bound for myself, my heirs, my executors and my administrators. In signing this release from liability, I waive and release everyone connected with this completion from any and all liability which may arise from this competition. I understand that my agreement to pay attorney and litigation expenses is the sine qua non for the acceptance of my entry in this contest.

Signature in Full of Applicant

Signature in Full of Parent/Guardian if under Legal Age (21)