



**SCHEDULE OF EVENTS:**

Saturday, August 7th

7:30 - 8:30 am Equipment check  
and weigh-in

9:00 - 9:15 am Rules clinic and  
warm up

9:15 am Lifting begins



Indian Valley Family YMCA  
Presents the  
**LB. 4 LB.**  
**Bench Press**  
**Competition**

This competition is a pound for  
pound competition using the  
Reshel Formula with  
Age Adjusted Results.  
Male and Female Divisions.  
Both Divisions are ages 14 and up.



Indian Valley Family Ymca

**LB. 4 LB.**  
**Bench Press**  
**Competition**



**SATURDAY, AUGUST 7, 2010**

Indian Valley Family YMCA  
890 Maple Avenue  
Harleysville, Pa. 19438



**AWARDS:**

- ★ Top six place finishers in both Male and Female Divisions.
- ★ Reshel Formula will be used with Age Adjusted Results for ages 14-22 and 40 and over.
- ★ This is a Raw Meet. **NO BENCH SHIRTS ALLOWED!!** Bike shorts, compression shorts or singlet required. **NO BAGGY SHORTS ALLOWED!!** Wrist wraps are permitted.

**\$25 Registration Fee if registered by July 30.**  
 \$30 registration fee after July 30. Registration will be permitted the day of the meet but t-shirts may not be available.

**Make checks payable to North Penn YMCA**

**Mail Completed Registration to:**

Indian Valley Family YMCA  
 Attn: Mike Anderson  
 890 Maple Avenue  
 Harleysville, PA 19438

**Indian Valley Family YMCA LB. 4 LB. Bench Press  
 Competition Registration**

Event Limited to the First 50 Registrants—Sign up early!

**Divisions:**

- Male, age 14 and up.
- Women, age 14 and up.

The Reshel Formula will be used to determine each lifter's total score. Age Adjusted Results will also be factored in for ages 14-22 (Foster Age Coefficient) and ages 40 and over (McCulloch Masters Formula).

T-shirt Size: S M L XL XXL  
 Weight \_\_\_\_\_(Weigh in morning of the meet)

Name (Participant): \_\_\_\_\_

Parent or Guardian (Print): \_\_\_\_\_

Signature of Parent or Guardian: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Age as of July 30: \_\_\_\_\_

Email: \_\_\_\_\_

**Liability Disclaimer:** In consideration of being allowed to participate in the North Penn YMCA Bench Press & Deadlift Competition, the participant hereby expressly assumes all risks, including personal injury, death, or property damage, arising in any way out of participation in the aforementioned event and any and all related activities. The participant agrees for his/her heirs, executors, and administrators to not sue and to release, indemnify, and hold harmless North Penn YMCA as well as its affiliates, officers, directors, volunteers, and employees from any and all liability, claims, demands, and causes of action whatsoever, arising out of participation in this event and related activities, whether it results from the negligence of any of the above or from any other causes.

Please make sure you have read and understand the Liability Disclaimer, and sign below. Your signature provides consent to the terms of this disclaimer. All participants must sign or have a legal guardian sign in order to participate.

Name of Participant: \_\_\_\_\_

Signature of Participant/Guardian: \_\_\_\_\_

Date: \_\_\_\_\_