

# **Bench Press Competition**

## **Info Sheet**

When: Tuesday, March 6, 2012 at 4:00p

Where: Student Recreation Center, Weight Room

Divisions: Men's and Women's

<u>Weight</u>	Under 114 lbs.	115-125 lbs.	126-140 lbs.
<u>Categories:</u>	141-155 lbs.	156-169 lbs.	170-185 lbs.
	186-199 lbs.	200-215 lbs.	Over 216 lbs.

Format: Each participant will get three lifts. The best lift of the three will be scored.

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## **Bench Press Competition Spring 2012**

Name: \_\_\_\_\_

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

Division (Please Circle):

Men's

Women's

Level: Under 114 lbs. 115-125 lbs. 126-140 lbs.

141-151 lbs. 156-169 lbs. 170-185 lbs.

186-199 lbs. 200-215 lbs. Over 216 lbs.