

"The Rock" Powerlifting & Bench Press Competition

ENTRY FORM

Name: _____	DOB: _____	Age: _____
Email: _____	Mailing Address: _____	
City: _____	State: _____	Zip: _____ Phone: _____

Divisions Entering: Promoter has the right to add/drop weight classes based on number of competitors in each category. Please indicate class, height and weight in the section below.

WEIGHT CLASSES

Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275+

Women: 123, 132, 148, 165, 181+

Masters: One Class

Weight: _____

Height: _____

Open Men _____

Open Women _____

Men's Masters 40+ _____

Women's Masters 40+ _____

Check one of the following competitions:

Bench Press Only _____

Powerlifting (Bench, Deadlift, Squat) _____

***Early Weigh in-Friday, 18 May 10am-5pm @ Newman Fitness Center**