



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Bench Press Competition

Saturday, September 16th, 2017 12:00 pm

(Pre-Registration will begin August 1st, 2017 and go thru Friday, September 15th, 2017)

Weigh INS: 5-7 pm Friday, September 15th and 8-10 am Saturday, September 16th, Note: first attempt weight at that time.

(Return this entry form to the Bedford Area Family YMCA)

Name: _____ Date of Birth _____ Age: _____

(Must be 15 or above)

Address: _____

City/State/Zip: _____ Phone: _____

Email address _____

Affiliation: Bedford YMCA Member ___ or Non-member ___

Pre-Registration Fee: Members \$15 and Non-Members \$20

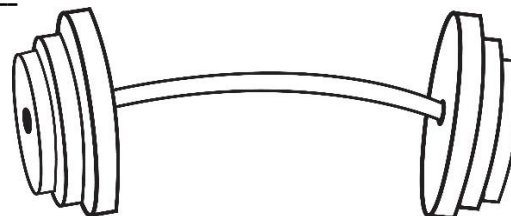
Day of Registration Fee: Members \$20 and Non-Member \$25

Gender: Female Division ___ Male Division ___ First Attempt Weight (lbs.) _____

Competition Location: Bedford Area Family YMCA, 1111 Turnpike Rd, Bedford, VA 24523

Weight Class: Note: Your weight class will be validated by staff at the weight-in on March 11 & 12 2016).

Please circle your weight class category below:



Women's Weight Classes: Based on body percentage

Men's Weight Classes: 148 and below / 149-165 / 166-181 / 182-198 / 199 and above

Informed Consent: I understand that the activity I have chosen to participate in involves physical activities which could result in injury. I voluntarily choose to participate in this activity, assuming all risks due to my participation. I will not hold the Bedford YMCA or the YMCA Fitness Department or staff responsible for injuries or complication which could result from my participation in this event.

Participants Signature _____ Date _____

Parents Signature if under 18 _____ Date _____

Name of Emergency Contact _____

Emergency Contact Phone Number _____

Note: A Bench Press Lifting Clinic will be held Friday September 15th 2017, 5:00 pm-7:00 pm at the Bedford YMCA during weigh-in to review lifting expectations, rules, and guidelines.

For more information: Contact David Kingery or Josh Ranes @ 540-586-3483