

**USA BENCH PRESSING**

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**USABP® BENCHFEST  
at DALLAS MARKET HALL**

2200 N STEMMONS FWY, DALLAS, TX 75207  
SATURDAY, OCTOBER 27, 2018

(PLEASE PRINT)

**SPONSORED BY BENCHDADDYLLC & TEXAS IRON GYM**

<b>NAME</b>	(LAST)	(FIRST)	<b>GENDER</b>	MALE <input type="radio"/>
				FEMALE <input type="radio"/>
ADDRESS			CITY	
STATE		ZIP	WEIGHT CLASS	
PHONE	( )		BIRTH DATE	___/___/___
EMAIL			AGE AT CONTEST	
OFFICE USE ONLY:				
OWES \$___ FOR __ ENTRY, __ CARD, __ ADDITIONAL DIVISION, __ LATE FEE				

**ENTRY:** \*\*\*\*PLEASE MAKE CHECKS PAYABLE TO BENCH DADDY\*\*\*\*

<b>BENCH PRESS DIVISION(S)</b>	1.	2.	RAW <input type="radio"/>
			SINGLE PLY <input type="radio"/>
			MULTI-PLY <input type="radio"/>

**ENTRY FEE:**

\$75 ENTRY FEE ALL ENTRIES MUST BE RECEIVED BEFORE OCTOBER 20, 2018 TO ENSURE YOUR ADDED TO THE LIST OF LIFTERS.

**LATE FEE:** \*\*\*\*WE WILL TAKE ENTRIES UP UNTIL DAY OF EVENT WITH A LATE FEE OF \$25\*\*\*\*

**CARD FEE:**

NO CARD FEE.

**PLEASE READ CAREFULLY - DISCLAIMER:** When you sign, legal rights will be surrendered. I HEREBY, for myself and my heirs release any and all rights/claims for damages or injuries I may have against, Mike Womack, USABP®, Bench Daddy LLC, Dallas Market Hall, and Texas Iron Gym its coaches and employees and any and all participating sponsors, supporters, referees, spotters-loaders, or any other authorized meet personal as a result of my traveling to, participating in, or traveling from this USABP contest. I make this release and waiver claim with full knowledge of the hazards and inherent risks associated with the above mentioned competition. I expressly assume the risk of injury if using the thumb-less or suicide bench press grip and any and all property damage/loss. Moreover, I agree to pay any attorney fees and litigation expenses incurred by any person, real or corporate, whom I may sue in an effort to entry for this contest.

**SIGNATURE:** \_\_\_\_\_  
PARENT SIGNATURE IF UNDER 18

**DATE:** \_\_\_/\_\_\_/\_\_\_

**Open Men:** Male lifters will compete in the following weight classes: 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, 259, 275, 308, SHW

**Open Women:** Female lifters will compete in the following weight classes: 97, 105, 114, 123, 132, 148, 165, 181, 198, 220 and 221+ (Super)

**Class I Men: Bench Press:** 105 – 242.5#, 114 – 275.5#, 123 – 314.0#, 132 – 352.5#, 148 – 385.7#, 165 – 424.2#, 181 – 448.4#, 198 – 479.5#, 220 – 501.5#, 242 – 523.0#, 259 – 540.0#, 275 – 551.0#, 308 – 573.0#, SHW – 595.0# -

**Junior Men and Junior Women:** Any lifter age 20-25 will compete in all weight classes.

**Master Men – Master Women:** Age groups 40-46, 47-53, 54-60, 61-67, 68-74, 75-79, 80-84, 85-89 and over will compete in all weight classes as specified in Open Men and Open Women.

**Law/Fire Men – Law/Fire Women:** All weight classes will be contested for Open, Submaster 33-39, Master 40-47, Master 48-55, Master 56-63, Law-Fire 64 Men

**Teen Men and Teen Women:** Age groups 12-13, 14-15, 16-17, and 18-19

**Submaster Men – Submaster Women:** Men and women ages 33-39 will compete in all weight classes.

**Disabled Men and Women** – Any lifter who has paralysis of any limb or is missing any limb, any lifter who doesn't have total use of any (i.e. Parkinson's, Lou Gehrig's diseases, MS etc.) any lifter with hip, knee or shoulder replacement, Tourette's disease, open heart surgery, organ transplants, blind, debilitating arthritis, and other serious illness (discussed on a case by case basis).

**WEIGH-INS: WILL BE HELD FRIDAY, OCTOBER 26, 2018 FROM 6:00 P.M. – 7:00 P.M.**

**AT MEET LOCATION:**

**2200 N STEMMONS FWY, DALLAS, TX 75207**

**\*\*\*\*RULES BRIEFING: SATURDAY, OCTOBER 27, 2018 AT 9:15 A.M. \*\*\*\***

**MEET TO BEGIN AT 10:00 AM**

**PLEASE MAKE ARRANGEMENTS IN ORDER TO WEIGH-IN ON TIME AND BRING ALL YOUR EQUIPMENT WITH YOU. PLEASE BE SURE YOU MAKE THE WEIGHT FOR WHICH YOU SIGNED UP!!!**