

USA BENCH PRESSING

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USABP®- TEXAS IRON BENCH BASH

SPONSORED BY BENCHDADDY.COM & TEXAS IRON
 FORTH WORTH CONVENTION CENTER
 1201 HOUSTON STREET, FORT WORTH, TX 76102
 SATURDAY, APRIL 6, 2019
 (PLEASE PRINT)

NAME	(LAST)	(FIRST)	GENDER	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 DEADLINE: ENTRY FEE & ENTRY FORM MUST BE IN HAND BY SATURDAY, APRIL 6, 2019
 ****PLEASE MAKE CHECKS PAYABLE TO BENCH DADDY****

BENCH PRESS DIVISION(S)	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 MARCH 30, 2019 TO ENSURE YOUR ADDED TO THE LIST OF LIFTERS AT THE DOOR TO ENTER EVENT. ALL LATE ENTRIES WILL NOT BE ON LIST AND NEED TO PAY TO ENTER THE EVENT.

ENTRY FEE:
 \$25 LATE FEE WILL BE CHARGED FOR ENTRIES RECEIVED AFTER MARCH 31, 2019

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, USABPA®, Bench Daddy, Texas Iron, Ronnie Coleman Classic, Brian Dobson, Fort Worth Convention Center 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, APRIL 5, 2019, FROM 4:00 P.M. – 7:00 P.M.

******RULES BRIEFING: APRIL 6, 2019 AT 8:15 A.M. ******

MEET TO BEGIN AT 9:00 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!!!