



**BENCH PRESS /
DEAD LIFT**

DIVISION: Bench Press / Dead Lift Championships Location: ShowPlace Pavilion
SLP Vince Soto Memorial

Sponsor(s): Open Opportunity

Entry Deadline: May register up through day of competition.
Entry Fee (per entry): \$50.00
Weigh-Ins: August 5, 2007 - 9:30am-11am
Event Date/Time: August 5, 2007 - 12pm

Leaders: Dr. Darrell Latch

Event Notes:

- Sanctioned by Son Light Power.
- All lifters are eligible to set state records.
- There is no charge for Son Light Power membership cards.
- All standard rules apply.
- You may enter the Bench Press and/or Dead Lift competitions. Each is a separate competition with separate entry fees and awards.
- One piece lifting suit and bench shirts allowed, but not required.
- Divisions:
 - o Novice (male and female)
 - o Open (male and female)
 - o Teenage (male and female)
 - o Junior (male and female)
 - o Submaster (male and female)
 - o Master (male and female)
 - o Police & Fire (male and female)
- Weight classes:
 - o 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW.

AWARDS

First place each weight class Trophy
Second place each weight class Trophy
Third place each weight class Trophy

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