

All American Gym

Presents
BACK TO BASICS
NIGHT OF CHAMPIONS
BENCHPRESS & DEADLIFT CHAMPIONSHIP
OCTOBER 24TH, 2009

NO SHIRTS! NO SUITS! NO WRAPS!
NO DRUGS!

THIS IS A DRUG FREE MEET!!
That Includes Spectators, Coaches, and Lifters

NAME: _____ MALE: _____ FEMALE: _____ BIRTH DATE: ___/___/___

ADDRESS: _____ CITY: _____

STATE: _____ ZIP: _____ PHONE #: _____

WT. CLASS: _____ NOTE: YOU MAY EITHER BENCHPRESS, DEAD LIFT OR BOTH.

BENCHPRESS DIVISION: 1. _____

DEAD LIFT DIVISION: 1. _____

EQUIPMENT: One piece singlet & belt.

BENCHPRESS: Circle no more than two divisions!!! **Be sure to write your division and weight class at the top of this entry!**

OPEN MEN: 114, 123, 132, 148, 165, 181, 198, 220, 242, 259, 275, 308, SHW.

OPEN WOMEN: 97, 105, 114, 123, 132, 148, 165, 181, 198, and Unlimited (198+)

MASTER MEN & MASTER WOMEN: 40-49, 50-50, 60-69, 70-79, 80+

TEEN MEN AND TEEN WOMEN: 13-15 AND 16-19

WEIGH-IN will be at All American Gym, 5pm-8pm, Friday, October 24. Saturday, October 25, 2:00pm-4:00pm.

Lifting starts for benchpress at 5:00pm.

ENTRY DEADLINE: Entry fee and form must be in no later than October 18, 2008, not post marked by October 18, 2008. Entries past this date will be charged a \$25.00 late fee. This means you!

ENTRY FEE: \$60.00 for either benchpress or dead lift or \$110.00 for both. MAKE CHECK PAYABLE TO: ALL AMERICAN GYM and send to: 309 West Main St. Lakeland, FL 33815 ---863.687.6268. **NO REFUNDS**

AWARDS: 1st-3rd in each division – full weight classes and age groups per division.
Best Lifter Award for Bench Press and Deadlift & Team Trophy.

TENATIVE SCHEDULE OF EVENTS: (these time are subject to change. (Check regularly to make sure where you line up since some divisions or flights may progress faster or slower than others. Be ready to lift when your name is called. Lifting will begin at 5:00pm promptly.

DEAD LIFT: The dead lift competition will begin approximately 45 minutes after the bench press competition.

DISCLAIMER: EACH COMPETITOR AGREES that this contest involves strenuous physical activity that could possibly result in personal injury to the competitor. Each competitor expressly releases LOUIS BALTZ, the ALL AMERICAN GYM, the Facilities Sponsors, its employees and agents, and any and all other sponsors and affiliated individuals or corporations from any claim of any kind whatsoever for any personal injury, property damage loss or claim of any kind or mature arising out of or in any way connected with their participation in an the operation of this contest. Each competitor expressly waives any right he or she may have to sue for negligence, compensatory and punitive damages or contract damages of any kind whatsoever as to any claim which may or does arise from participation in or the operation of this contest.

I have read and understand the above Release. I agree with all the terms of the Release and I certify that I am over the age of 18 years.

I CERTIFY that I am the parent or guardian of the above named competitor if said competitor is under the age of 18 and I agree with and expressly adopt all of the terms of this Release.

COMPETITOR

PARENT/GUARDIAN

Make check or money order payable to: **All American Gym**

Send completed entry to: **All American Gym, 309 West Main St., Lakeland, FL 33815**

For more information Call: **All American Gym ---1-863-687-6268**

Directions to Meet:

Take I-4 the Exit 32. Head South to Main St. and turn right. Drive 3 blocks to 309 West Main St. located on the right side, across from Florida Tile.