

XXXVII

State of Wisconsin

BENCH PRESS & DEAD-LIFT

— **Competition** —

March 23, 2013

Weigh In – 9:00 a.m.

This is the only weigh-in for Bench Press & Dead Lift.

Competition – 10:00 a.m.

Bench Press will be followed by the Dead Lift Competition

Registration Fees:

Bench Press or Dead Lift Competition \$35

Both Bench Press & Dead Lift Competition \$60

Registration Fee includes a T-shirt

Awards for 1ST – 3RD Place

Medals for 4th – 10th Place

BEST LIFTER RECOGNITION

Lifting Singlet or Tight Apparel required for fair judging

COME WITNESS THIS EXCITING EVENT!!

Admissions - \$2 Adult, \$1 Children

Concessions Available

Kosciuszko Community Center

2201 South Seventh Street. Milwaukee, Wisconsin 53215

414-645-4624