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For Immediate Release

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## 36<sup>th</sup> Annual State of Wisconsin Bench Press Competition At Kosciuszko Community Center

(Milwaukee, March 13, 2012) – The Kosciuszko Community Center, 2201 S. 7<sup>th</sup> Street, and the Kosciuszko Advisory Board present the 36<sup>th</sup> Annual State of Wisconsin Bench Press & Dead Lift Competition on Saturday, March 24. This event, one of the largest weight-lifting competitions in the State, is to be judged by award-winning and prominent weight lifters from throughout the Midwest. In recent years, competitors have lifted over 600 lbs. in the bench press event. Trophies and medals will be given to all the competitors who place.

Participants can compete in both assisted and RAW categories for certain events and in numerous classes:

- Females
- Male Teens 19 & under
- Males 180 lbs. & under
- Males 181 lbs. & over
- Masters 45-55, and
- Masters 55 & older

Weigh-ins takes place at 9 AM followed by a mandatory meeting for all competitors. Competition will begin at 10:00 AM. Registration fees that include a free T-shirt are \$35 for one event or \$60 for both events.

A lifting singlet or tight apparel is required for fair judging. Spectator fees are \$2 for adults and \$1 for children. Refreshments will be available for purchase. The Kosciuszko Community Center at 2201 S. 7<sup>th</sup> St., Milwaukee and can be reached at (414) 645-4624 for more information.

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