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For Immediate Release:

State of Wisconsin Bench Press & Dead Lift Competition *at Kosciuszko Community Center*

Milwaukee, WI (March 15th, 2013) – The Kosciuszko Community Center and Kosciusko Advisory Board present the Annual State of Wisconsin Bench Press & Dead Lift Competition, one of the largest weight-lifting competitions in the State. The event is Saturday, March 23rd at the Kosciuszko Community Center, 2201 S. 7th St.

The event will be judged by award-winning and prominent weight lifters from throughout the Midwest. In recent years, participants have lifted over 600 lbs. in the bench-press event. Trophies and medals will be given to top competitors.

Participants may compete in both assisted and raw (un-equipped) categories and in multiple classes. Classes are: Females- All competitors; Males-Teens 19 & Under; Males 180 lbs. & Under; Males 181 lbs. & Over, Assisted; Males 181 lbs. & Over, Raw; Masters (Age 45-55), Assisted; Masters (Age 45-55), Raw; Masters (Age 56 & Up), Assisted; Masters (Age 56 & Up), Raw.

Competitors are required to wear a lifting singlet or tight apparel. Participants may register the day of the event. The weigh-in is at 9 a.m. followed by a mandatory meeting. Bench Press Competition will begin at 10 a.m. followed by Dead-Lift Competition. The registration fee is \$35 for one event or \$60 for both events. A t-shirt is included in the fee.

Spectators are welcome. Fees are \$2 for adults and \$1 for children. Refreshments will be available for purchase.

For more information, call the Kosciuszko Community Center at (414) 645-4624.

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