



CHRIS ABELE, MILWAUKEE COUNTY EXECUTIVE
JOHN DARGLE, JR., DIRECTOR OF PARKS, RECREATION AND CULTURE

Contact:
Jeffrey Orłowski, Senior Recreation Services Manager
(414) 257-8087
Jeffrey.Orłowski@milwaukeecountywi.gov

For Immediate Release

State Bench Press, Dead Lift Competition at Kosciuszko Community Center March 19

Milwaukee, WI (March 9, 2016) – One of the largest weightlifting competitions in the State will be judged beginning at 10 a.m. Saturday, March 19, at the Kosciuszko Community Center. The Center is located at 2201 S. 7th St.

Male and female participants in the 40th State of Wisconsin Bench Press & Dead Lift Competition may register at the early-bird rate through March 11 and at the regular rate through the day of the event.

The competition will begin with the bench press, and the deadlift will follow. In recent years, participants have lifted over 600 pounds in the bench-press event.

Awards will be presented to first- through third-place finishers, and medals will be given to fourth-through tenth-place finishers. The Best Lifter will be recognized.

Early-bird competitor rates, through March 11, are \$30 for one event and \$55 for both events. Regular rates, March 12-19, are \$40 for one event and \$65 for both events.

Spectator fees are \$2 per adult and \$1 per child. Refreshments will be available for purchase.

An application for competitors is available online at countyparks.com search: Kosciuszko Center. A link to the application is provided at the bottom of the page, under Special Events. For more information, call the Kosciuszko Community Center at (414) 645-4624.

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ADDRESS
9480 Watertown Plank Road
Wauwatosa, WI 53226-3560

PHONE/FAX
ph: **414 / 257 PARK** (7275)
fax: 414 / 257 6466



EMAIL
parks@milwaukeecountywi.gov

WEBSITE
countyparks.com