



# Midwest Bench Championships

**Date:** Saturday, May 16, 2020 **Location:** 905 Eastland Dr, Jefferson City, MO **Time:** 10:00am **Rules Briefing:** 9:30am **Weigh Ins:** Friday-Time up to gym owners & Saturday 8am-9:30am **MEET STARTS AT 10AM!**

**BE PREPARED!**

**Uniform:** No loose or baggy clothes. **If you are out of uniform, you will not lift.**

All bench shirts are allowed in the equipped divisions. Raw means no bench shirt.

**Meet Director:** Rich McDowell

**Sanction:** Warriors Powerlifting Federation - WPLF

**Entry Fee: \$75**

**Combine Bench Press Challenge \$30**

**Spectator Fee:** Price up to facility (typically \$5-\$10)

**Eligibility:** Open to any athlete 13 years or older.

Entry Forms must be mailed by May 2

SEND ENTRY FORM & MAKE CHECKS OR MONEY ORDERS PAYABLE TO:

**RICH MCDOWELL**

500 HWY W

Rocky Mount, MO 65072

PREFERRED CONTACT: [WARRIORSPowerliftingFederation@gmail.com](mailto:WARRIORSPowerliftingFederation@gmail.com) PHONE: 573-692-0096

**CHECKS MUST CLEAR BEFORE EVENT!**

(DETACH HERE)

\*\*\*CIRCLE ALL YOUR EVENTS AND DIVISIONS\*\*\*

Raw			Single-Ply			Multi-Ply						
BENCH			COMBINE CHALLENGE									
TEEN		JR 20-23	OPEN	SUB MASTER 35-39		MASTER						
*Weight class*												
97	105	123	132	148	165	181	198	220	242	275	308	SHW

**ENTRIES AFTER MAY 2 MUST BE PAID AT THE MEET WITH CASH ONLY OR ONLINE. YOU MUST HAVE A WPLF CARD TO COMPETE**

I know that participation in a powerlifting competition is potentially dangerous. I should not enter unless I am able and properly trained. I understand and agree that Rich McDowell, Christina McDowell, Danielle Clark or the WPLF, Capital Fitness, nor its employees or officers may be held liable for any occurrence in connection with this competition, which could result in injury, death, or damages to me. In consideration of being allowed to compete in this event, I hereby assume all risks in connection with this event and release Rich McDowell, Christina McDowell, Danielle Clark, the WPLF, Capital Fitness, its weightlifting club operators, spotters and all other employees or officers or persons in any way connected to this event or the WPLF, for any injury or damage which may happen to me while I am engaged in this event, including all risk connected therewith, whether foreseen or unforeseen, and I do further agree to save and hold harmless the WPLF and all the above mentioned from any claim by, or by my heirs, executors, administrators, personal representatives and assigns arising out of my participation in this event. By signing, I understand and agree with all that is written above.

**NAME:** \_\_\_\_\_ **DATE OF BIRTH:** \_\_\_\_\_ **AGE:** \_\_\_\_\_

**SEX:** \_\_\_\_\_ **MAILING ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP CODE:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_ **EMAIL:** \_\_\_\_\_

**SIGNATURE:** \_\_\_\_\_ (LIFTER, PARENT OR GUARDIAN IF UNDER 18)