

TRAINING SOLUTIONS

Presents

“Put Up or Shut Up”

Bench Press Meet

held at

YMCA of Salem County
204 Shell Road
Carneys Point, NJ 08069



Entry Fee
\$25

- February 12th, 6:30-8:00 PM - Early weigh-ins
 - February 13th, 10:30 AM to 12:00 PM - All other weigh-ins
(*Rules clinic held immediately after weigh-ins*)
 - February 13th, 1:00 PM - Meet Begins
 - Entry Fee: \$25.00 Per Person
- *This is an open bench press meet*
**No fees accepted after February 9th. All fees are non-refundable.*

This is an open *un-sanctioned* meet, but we will use the rules of the ADAU, which include:

1. Singlet's must be worn by all lifters over the age of 19.
2. Bench shirts and support suits are not allowed, nor are any support gear other than a 4" wide leather belt with buckle.
3. Baby powder or talc is allowed in designated areas only.
4. The round system will be used for this contest.

Power lifting can be dangerous. All bench meet participants lift at their own risk with no one being responsible for any injury you may have as a result of competing.

Men's Weight Class:

114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 319, SHW

Women's Weight Class:

97, 105, 114, 123, 132, 148, 165, 181, 198, SHW



AWARDS

- *Top 3 places in all classes and divisions**
- *Best Lifter award for male and female**

2010 “Put Up or Shut Up” Entry Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Male: _____ or Female: _____ Date of Birth: _____ Age: _____

Weight Class: _____

Make entry fee check of \$25 payable to:
Training Solutions, LLC

Mail or bring signed registration slip to:
YMCA of Salem County
Attn: Anthony Jones
204 Shell Road
Carneys Point, NJ 08069

By signing below, I agree that Power Lifting can be dangerous and I agree to participate in this meet at my own risk. I waive and release Training Solutions, LLC and the YMCA of Salem County from any claims for loss or injury incurred or suffered while participating in this event.

Participant Signature

Date

Parent or guardian signature of participant under 18

Date