

Bench Press/Deadlift Contest

27th Annual Drug Free event

Saturday, August 20 • 9:30 a.m.

Weigh-ins: Saturday 6:30- 7:30 a.m. • Rules meeting: 8:30 a.m.

Early weigh-ins: call 515/953-6833 prior to meet for times and locations

Budweiser Stage sponsored by ABC5

Contact: Jeff Baird, 515/953-6833 or 515/229-9336

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Rules and Contest Information

Entry Fees

Beginners Division Raw: \$30

Bench Divisions: \$40

Open, Pure Raw, Novice Raw, Womens Raw, Natural Masters Raw, Natural Sub-Masters Raw, Pure Teenage Raw, Team

Deadlift Divisions: \$40

Natural, Natural Masters, Natural Sub-Masters, Teen, Women

If entering in more than one division, the first division will cost \$40. Additional divisions will cost \$30. Bench and Deadlift are separate contests and will have awards for each. There will be a \$25 late fee for entries received after August 8th, 2011.

This meet is for individuals who are drug free! Do not enter if you are not drug free.

Bench Press Divisions

Beginners: Trophies will be awarded to top four finishers in each weight class (Light Wt., Middle Wt., Heavy Wt. and SHW). Weight classes will depend on weight and number of lifters entered. Entry into this division will be limited to non-experienced competitors only. You must not be able to bench more than 1.5 times your body weight and never have lifted in an organized meet before, or have lifted but never placed. Entry can be revoked if recognized as a previous competitor by any meet official.

Open: Trophies awarded to top three finishers in each weight class (114, 123, 132, 148, 165, 181, 198, 220, 242, 275, SHW)

Pure Raw: Lifters who have never taken a strength inducing drug, ever. Trophies awarded to top three finishers in each weight class (114, 123, 132, 148, 165, 181, 198, 220, 242, 275, SHW)

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Bench Press/Deadlift Contest (continued)

- Novice Raw: Trophies awarded to top three finishers in each weight class (132 and under, 148, 165, 181, 198, 220, 242, 275, SHW).
- Women's Raw: Trophies awarded to top three finishers in each weight class.
- Natural Masters-1 Raw: Open to ages 40-49. Trophies awarded to top three finishers in each weight class.
- Natural Masters-2 Raw: Open to ages 50-59. Trophies awarded to top three finishers in each weight class.
- Natural Masters-3 Raw: Open to ages 60 and over. Trophies awarded to top three finishers in each weight class.
- Natural Sub-Masters Raw: Open to ages 33-39. Trophies awarded to the top three finishers in each weight class.
- Pure Teenage Raw: Trophies awarded to the top three finishers in each weight class (132, 148, 165, 181, 198, 220, SHW).
- Team: Trophies awarded to the best two teams. Teams may consist of up to four members and will be taken for any division except the beginners.

Deadlift Divisions

- Teen: Trophies awarded to the top three finishers in each weight class (132, 148, 165, 181, 198, 220, 275, SHW).
- Natural: Trophies awarded to the top three finishers in each weight class (132, 148, 165, 181, 198, 220, 275, SHW).
- Natural Masters: Trophies awarded to the top four finishers in each weight class.
- Natural Sub-Masters: Open to ages 33-39. Trophies awarded to the top three finishers in each weight class.
- Women: Trophies awarded to the top four finishers in each weight class.
- Best Lifter Awards: Mens: Best deadlift, best light-weight bench, best heavy-weight bench. Womens: Best Bench, best Deadlift.

The Iowa State Fair Bench Press/Deadlift has evolved into the premier lifting contest of the year! Come see why lifters have come from as far as Canada and Texas to lift at this annual event.