

BENCH PRESS/DEADLIFT CONTEST

34th Annual Drug Free Event

Saturday, August 18 • 8:30 a.m.

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

Early Weigh-ins: Call 515/229-9336

*Susan Knapp Amphitheater sponsored Coors Light with media sponsor
KDSM Fox 17*

Contact: Jeff Baird, 515/229-9336, bairdzz@aol.com

DESCRIPTION: Participants test their strength by performing in different classes based on weight, age and gender.

RULES AND CONTEST INFORMATION

Entry Fee:

Beginners Division Raw: \$50

Bench Divisions: \$50

Open/Equipped, Women's Raw, Beginner Raw, Novice Raw, Masters 1 Raw,
Masters 2 Raw, Masters 3 Raw, Team, Teenage Raw, Natural Raw

Deadlift Divisions: \$50

Natural, Masters, Teen, Women's

If entering more than one division, each division will cost \$50. Bench and Deadlift are separate contests and will have awards for each. Enter online at www.iowabenchpress.com or mail your entry form to Jeff Baird (6804 Starview Street, Des Moines, Iowa, 50320). There will be a \$30 late fee for entries received after August 8, 2018.

This meet is only for individuals who are 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 lifters who have never lifted in a competition before or who have lifted, but not placed. Lifters can only be awarded 1.5 times their body weight for placement into this division.

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

Novice Raw: Trophies awarded to top three finishers in each weight class (132 and under, 148, 165, 181, 198, 220, 242, 275, SHW).

BENCH PRESS/DEADLIFT CONTEST (CONT.)

- Women's Raw: Trophies awarded to top three finishers in each weight class (114 - SHW).
- Natural Masters-1 Raw: Age 40-49. Trophies awarded to top three finishers in each weight class (114 - SHW).
- Natural Masters-2 Raw: Age 50-59. Trophies awarded to top three finishers in each weight class (114 - SHW).
- Natural Masters-3 Raw: Age 60 and over. Trophies awarded to top three finishers in each weight class.
- Pure Teenage Raw: Ages 14-19. Trophies awarded to the top three finishers in each weight class (114 - SHW).
- Youth: Up to age 13. Trophies awarded to the top three finishers in each weight class.
- Team: Trophies awarded to the best two teams. Teams may consist of up to four members and can be taken from any division except beginners

Deadlift Divisions

- Teen: Trophies awarded to the top three finishers in each weight class (114, 123, 132, 148, 165, 181, 198, 220, 242, 275, SHW).
- Youth: Up to age 13. Trophies awarded to the top three finishers in each weight class.
- Natural: Trophies awarded to the top three finishers in each weight class (114, 123, 132, 148, 165, 181, 198, 220, 242, 275, SHW).
- Masters: Trophies awarded to the top three finishers in each weight class (132, 148, 165, 181, 198, 220, 242, 275, SHW).
- Women's: Trophies awarded to the top three finishers in each weight class (114, 123, 132, 148, 165, 181, 198, 220, 242, 275, SHW).
- Best Lifter Awards: Best lifter awards will be given to the best lifter in each of the following divisions:
Bench-Open/Equipped, Natural, Women's, Masters, Teen
Deadlift-Natural, Masters, Women's, Teen