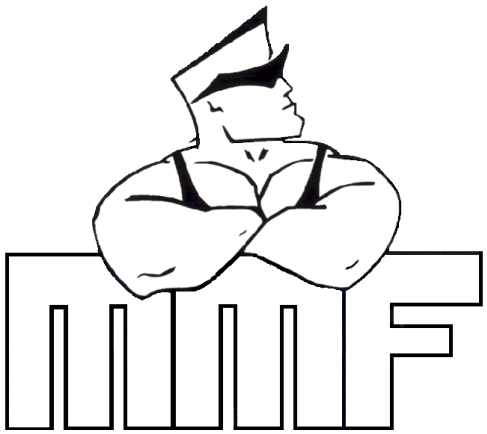

Marshfield Muscle & Fitness

5th Annual Bench Press & Dead Lift Competition

Bakerville Sports Bar and Grill - 10631 County Road B, Marshfield, WI

Saturday May 1, 2010

Weigh In @ 8:00-10:00am Saturday

Rules @ 10:30am Saturday, Lifting will begin at 11:00am

Weight Class Women: 97 105 114 123 132 148 165 181 SHW

Weight Class Men: 114 123 132 148 165 181 198 220 242 275 308 SHW

Divisions: Teen, Open, Sub-masters (35-39), Masters I (40-48), Masters II (49-55), Masters III (56+)

Entry Fee: $30 pre-pay per event Bench Press RAW, Shirt or Dead Lift - $50 for 2 and $70 for 3 events

Fees paid on the day of the competition are $40 for 1, $60 for 2, $80 for 3 events

Awards: Everyone will receive an award and T-shirt that completes one lift.

Un-sportsman like conduct will result in disqualification.

Return Entry Form and Fee by April 24, 2010

Marshfield Muscle & Fitness ~ PO Box 415 ~ Marshfield, WI 54449

Call Peggy (715) 305-4345

Make Checks payable to: Marshfield Muscle & Fitness

Cut Here

Name			Total Amount Enclosed	
Address		City	State	Zip
Phone	Age	Weight Class	Division	Male / Female
1st Attempt: (may change at weigh-in)		Bench(RAW)	Bench(Shirt)	Dead Lift

In consideration of your acceptance of this entry, I hereby waive, for myself, my heirs, and assigns, any and all claims for injury or damages which may occur by virtue of my competing in this meet against Julie Johnsrud, her agents or Marshfield Muscle & Fitness and Bakerville Sports Bar. I also realize that the sport of power lifting is a high risk sport and I could be injured. I certify that I am in good health and have no serious health problems and assume full responsibility for such conditions. I have read and understand this waiver and assume all risks for injury, and do hereby verify by my signature.
DO NOT SIGN BEFORE READING THIS DOCUMENT FULLY AND CAREFULLY.

Signature	Date	Patent Signature if under 18	Date

E-Mail Address (to be used only to notify you of upcoming events) _____