



Berwick Area YMCA Bench Press Competition

Where: 231 West Third St. Berwick, PA 18603

When: Saturday, April 20th 2024

- Weigh in begins at 8:00am
- Competition begins at 10:00am

Entry fee: Registrations by April 5th are guaranteed a T-shirt

Pre-registration

- Members: \$25
- Non-members: \$35

Day of registration

- Members: \$30
- Non-members: \$40

Rules:

- No bouncing the bar off the chest; no uneven extension of the bar
- Feet must remain on the floor
- Head, shoulders, and butt must remain in contact with the bench
- Spotters are allowed to lift off
- Once the lift begins spotters are not permitted to touch the bar
- Lifter must wait for judge's command to 'press' & 'rack'
- Lifters may use wrist straps but, no other gear will be permitted

Scores will be calculated using the DOTS Powerlifting Calculator

Age groups:

- Teen: 16-19
- Open: 20-39
- Masters: 40+

Prizes will be awarded to top male and female in each category



Name: _____

Age: _____

Gender: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

E-mail: _____

T-Shirt size: S M L XL XXL XXXL

FOR OFFICE USE ONLY

Weight: _____ Age group: _____

Bench 1: _____ Pass / Fail

Bench 2: _____ Pass / Fail

Bench 3: _____ Pass / Fail

Score: _____