



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WARREN COUNTY FAIR BENCH PRESS COMPETITION

WEDNESDAY, JULY 27

1:30—5:30pm

WARREN COUNTY FAIRGROUNDS—FREE STAGE

Important Information

- Open to all males and females age 16yrs and older
- Free event—No registration necessary
- Compete any time between 1:30 and 5:00pm
- Participants will weigh-in as they arrive and then bench press their body weight, competing for most repetitions within their weight division
- Male Weight Divisions: 174lbs and below, 175-199lbs, 200-224lbs, 225-249lbs, 250lbs and above
- Female Weight Divisions: 124lbs and below, 125-149lbs, 150-174lbs, 175-199lbs, 200lbs and above
- All participants must sign a waiver prior to participating
- Awards for the top 3 male and female competitors in each weight division
- Awards Presentation at 5:15pm
- The Y will provide staff and spotters to officiate competition and maintain safety
- No special equipment will be allowed
- Complete copy of rules and liability waiver will be available at the event
- Contact Scott Kruthoff at 515-777-776 or Scott.Kruthoff@dmymca.org with questions

