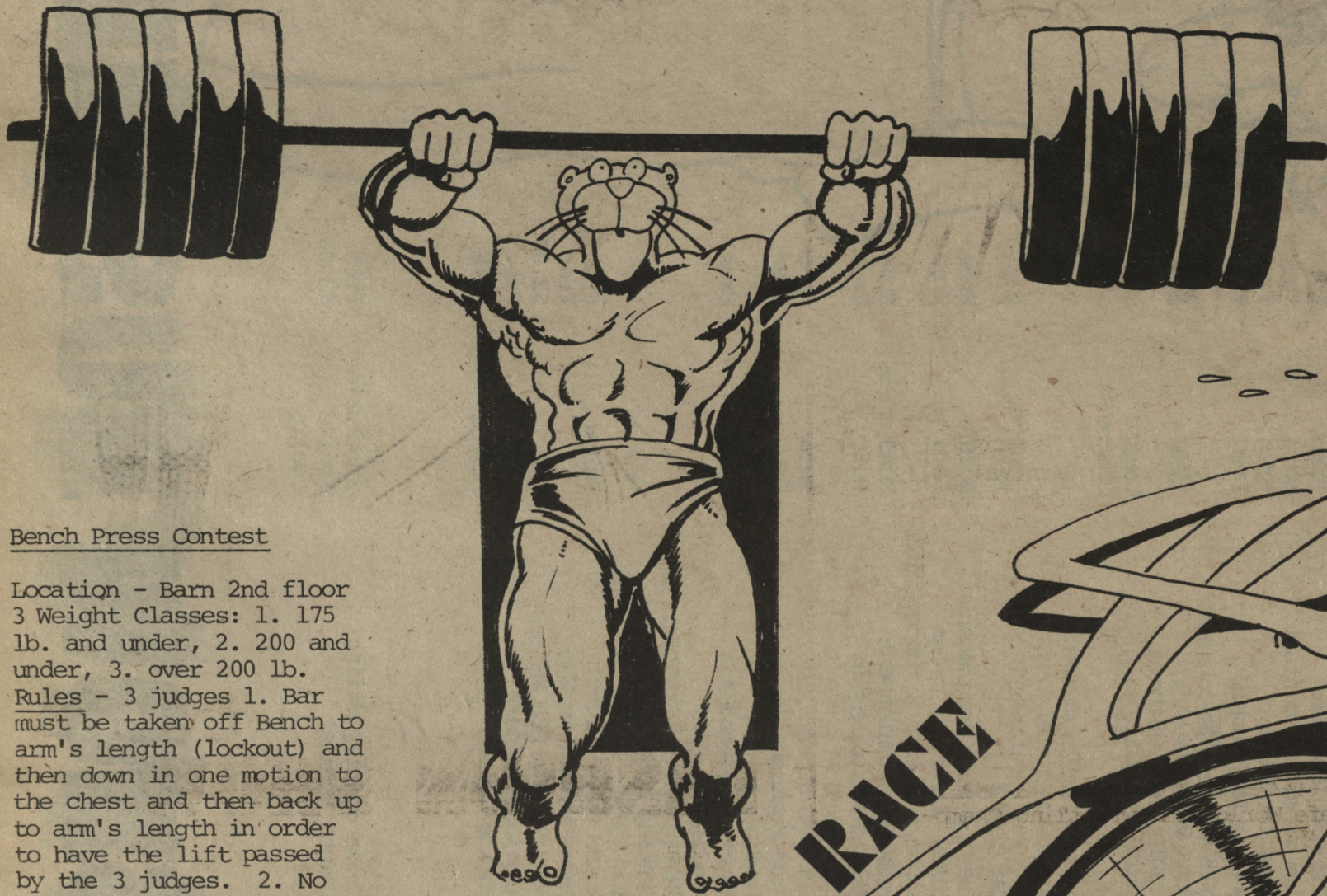


THURSDAY

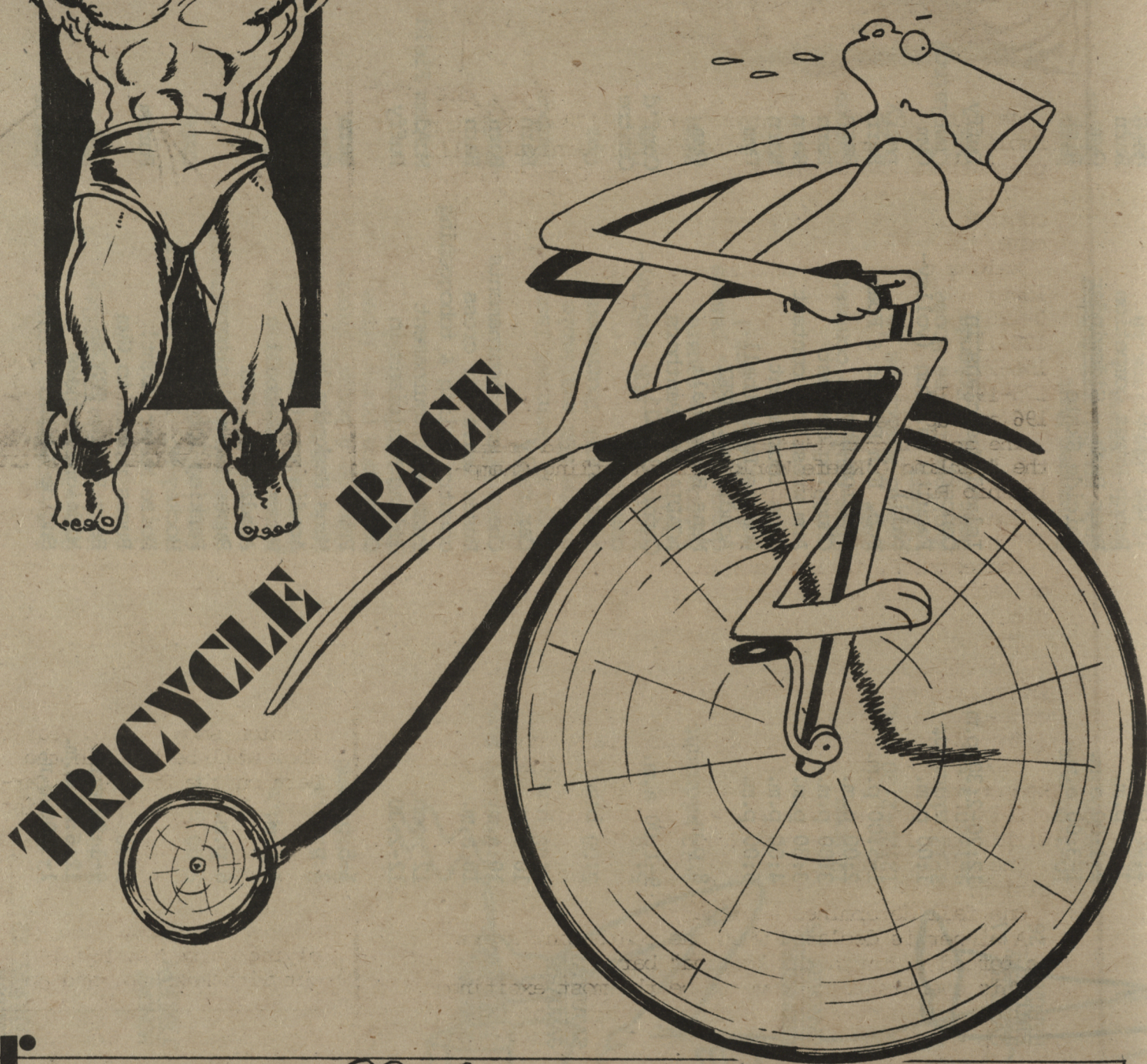
BENCH PRESS COMPETITION



Bench Press Contest

Location - Barn 2nd floor
 3 Weight Classes: 1. 175 lb. and under, 2. 200 and under, 3. over 200 lb.

Rules - 3 judges 1. Bar must be taken off Bench to arm's length (lockout) and then down in one motion to the chest and then back up to arm's length in order to have the lift passed by the 3 judges. 2. No lifting of the rear end (bum) off the bench 3. three attempts at any weight. However, if the lifter misses an attempt at one weight, he must use the same weight or a higher weight for his next attempt. He cannot go down in weight (i.e. 260 to 250). If the lifter misses all three attempts he is given no weight in the results. 4. 3 minute time limit between lifts. 5. 2 judges must pass the lift for it to be legitimate. Anyone is welcome.



tug of war

