

BENCH PRESS/DEADLIFT CONTEST

36th Annual Drug Free Event

Saturday, August 21 - 9 a.m.

Weigh-ins: 7 - 8 a.m. Rules meeting: 8:30 a.m. Lifting starts at 9 a.m.

Early Weigh-ins: Call 515/289-6093 or visit iowabenchpress.com/divisions-and-info
Susan Knapp Amphitheater sponsored by Prairie Meadows.

Contact: Wes Keith, 515/289-6093, 22barbell@gmail.com, for more information
visit iowabenchpress.com

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

RULES AND CONTEST INFORMATION

Entry Fee:

Bench Divisions: \$65

Youth Raw, Teen Raw, Junior Raw, Open, masters 1 Raw, Masters 2 Raw,
and Masters 3 Raw

Deadlift Divisions: \$65

Youth Raw, Teen Raw, Junior Raw, Open, masters 1 Raw, Masters 2 Raw,
and Masters 3 Raw

If entering more than one division, each division will cost \$65. There will be a \$30 late fee for entries received after August 5, 2021.

This meet is only for individuals who are drug free.

BENCH PRESS AND DEADLIFT DIVISIONS

Youth Raw: 15 and under

Teen Raw: 16 - 19 years old

Junior Raw: 20 - 23 years old

Open: 14 years and up

Masters 1 Raw: 40 - 49 years old

Masters 2 Raw: 50 - 59 years old

Masters 3 Raw: 60 years and up

Mens Weight Classes: 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW

Womens Weight Classes: 105, 114, 123, 132, 148, 165, 181, 198, SHW

Trophies will be awarded to the first 3 lifters in each weight class

BENCH PRESS/DEADLIFT CONTEST (CONT.)

BEST LIFTERS AWARDS

Very special awards will be given this year to all of the best lifters, it will be a combination of the best lifter and first place award.

Best Lifter Awards will be given to the best lifter in each of the following divisions:

Bench: Youth, Teen, Junior, open, Master 1, Master 2, Master 3

Deadlift: Youth, Teen, Junior, Open, Master 1, Master 2, Master 3