

WEIGHTLIFTING COMPETITION

Hastings Summerfest 2010

www.barrychamber.com/summerfest.htm

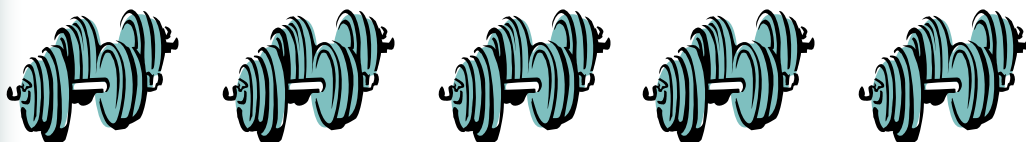
EVENT COORDINATORS

Benny Bowman
(269) 838-0979

Jeff Magoon
(269) 271-1187

Chris Marlow
(269) 217-4059

Walk-Up Competitors Always Welcome!!



Benchpress & Deadlift

Saturday, August 28, 10:30 a.m.

\$2.00 Entry Fee

Held Outdoors - Intersection of Court and Church Street
Hastings, MI

- ◆ Sign up by weight class within your event. Open to both "hard core" and "not-so-hard core". These events are taken seriously, but we still have fun. This is NOT a sanctioned event.
- ◆ Each event will be run independently so participants have the option of competing in both for one entry fee.
- ◆ Open to Men & Women (no young children) New women's division option.
- ◆ Know your limitations—and please warm up first.
- ◆ Free T-shirt for every participant (one shirt per participant; not per event.)
- ◆ Bring your family for encouragement and also to enjoy all Summerfest has to offer (craft booths, parade, street activities and of course—yummy food!)

NEW

Added for 2010 will be a Women's Division—now's your chance to set new records!

Weight Statistics by Bracket (Mens Division Only)

Bench Press by Weight Class		Dead Lift by Weight Class	
0-129	160 lbs	0-129	300 lbs
130-159	290 lbs	130-159	335 lbs
160-189	345 lbs	160-189	440 lbs
190-219	410 lbs	190-219	600 lbs
220-249	365 lbs	220-249	575 lbs
250 & Up	555 lbs	250 & Up	670 lbs