



SATURDAY, MARCH 10, 2012

**PT Transformations Training Center
400 Mill Street, Historic Bristol, PA 19007**

Entry Fee (t-shirt included): \$40.00 Ages 20+ / \$30.00 Ages 16-19 (Teen)

- Entry forms must be postmarked by March 2, 2012*

Weight Divisions and Classes:

- Men's Division: Weight Class divided by Weight Lifted for each Class
 - Classes: 132, 148, 165, 181, 198, 220, 242, 265, 265+
- Open Teen Division (16-19): Body Weight divided by Weight Lifted
- Open Women's Division: Body Weight divided by Weight Lifted
- Master's Division (50+): Body Weight divided by Weight Lifted

Best Overall Lifter: Body Weight divided by Weight Lifted

Schedule:

- Weigh In: Friday, March 9 from 5:30 to 7:00 pm and Saturday, March 10 from 7:30 to 9:00 am
- Mandatory Rules Briefing: Saturday, March 10 at 9:00 am
- Competition Start: Saturday, March 10 at 10:00 am

Awards and Records:

- The top three (3) places in each Weight Class and Division will receive awards.
- Best Overall Bench Press will receive a *SCULPTURED* Award.
- Competition Records will be recorded and kept.

Attire and Equipment Rules:

- Bench shirts, sweatpants, sweatshirts and lifting gloves are **not** permitted.
- Lifters must wear shorts and a t-shirt or a singlet.
- While lifting, t-shirts must be tucked into shorts when benching
- Belts and wraps are permitted.

Bench Rules:

- There is a Bench Call at the start with elbows locked, a Press Call after the bar is momentarily motionless on the chest, and a Rack Call when the bar is locked out and motionless.
- No bouncing bar on chest.
- Glutes must stay planted on the bench and feet/toes must stay planted on the floor.

***Late Rules and Fees:**

- A \$10 late fee will be imposed for Walk In entries and for entry forms not postmarked by the due date.
- Lifters late to the competition who do not notify the Meet Director with a phone call will forfeit their lift.



BRISTOL'S BIG BENCH COMPETITION ENTRY FORM

SATURDAY, MARCH 10, 2012

Last Name: _____ First Name: _____ Date of Birth: _____

Address: _____ City, State & Zip: _____

Phone: _____ Email: _____

Division (check one): Men's Teen Women's Master's

Class* (check one): 132 148 165 181 198 220 242 265 265+

(*Class may be changed at Weigh In)

Club: _____ Opening Lift: _____ (lbs.)

T-Shirt Size (check one): S M L XL 2XL 3XL 4XL

How did you learn about us? Internet Facebook Friend Other: _____

Emergency Contact Info:

First and Last Name: _____ Phone: _____

Payment Information: All entry fees are non-refundable and non-transferable. Checks/Money Orders can be made payable to 'PT Transformations'.

Payment Type (check one): Check/Money Order Credit/Debit Card Cash (In person only)

Payment Amount: \$ _____

For Credit Card Payments, please provide Billing Address if different than listed above:

Address: _____ City, State & Zip: _____

Card Number: _____ Expiration Date (month/year): _____

Release of Liability

Please Read Carefully. When you sign this, you will be giving up important legal rights.

In consideration of the acceptance of my entry into the Bristol's Big Bench Competition, I hereby agree to all the rules and regulations associated with Bristol's Big Bench Competition. I agree that any use of strength inducing drugs shall result in the forfeiture of any trophy or award, which I might otherwise have won. If it is determined that I have utilized strength inducing drugs, I agree to waive any claim for which legal relief is available. I will also forfeit all fees paid to compete in this meet if I don't attend this meet for any reason. I attest that I have volunteered to participate in Bristol's Big Bench Competition and am aware is a potentially hazardous activity. I do here and forever release, discharge, and hereby hold harmless Personal Training Transformations, LLC (PTT), and their respective agents, heirs, assigns, contractors, employees and volunteers from any and all claims, demands, damages, rights of action or cause of action, present or future, arising out of or connected with my participation in this activity including any injuries resulting there from. I also grant permission for PTT to take photographs, videotape, and/or digital recordings of me during this competition to use in any and all media, now or hereafter. I do hereby release to PTT and its employees all rights to exhibit this work in print and electronic form publicly or privately and to market and sell copies. I waive any rights, claims, or interest I may have to control the use of my identity or likeness in whatever media used. I understand that there will be no financial or other remuneration for recording me, either for initial or subsequent transmission or playback. I hereby agree that the information contained within this document to be true to the best of my knowledge. I hereby agree to all the terms of this agreement, intending to be legally bound hereunto.

Signature: _____ Date: _____

CONSENT AND RELEASE ON BEHALF OF MINOR - MUST BE COMPLETED FOR ALL PARTICIPANTS UNDER 18 YEARS OLD

I am the parent and/or legal guardian of the above named minor. I have read, understand and agree to be bound by all terms of this Release of Liability. I give my consent to the participation in Bristol's Big Bench Competition for the above named minor.

Guardian's Printed Name: _____ Date: _____

Guardian's Signature: _____ Date: _____

Entry Forms can be submitted in person, mailed, faxed or emailed to:

BRISTOL'S BIG BENCH COMPETITION
c/o MATT ESCHE, MEET DIRECTOR
400 MILL STREET, BRISTOL PA 19007
PHONE: 215-788-1414
FAX: 215-788-1433
MESCHE@PTTRANSFORMATIONS.COM
WWW.PTTRANSFORMATIONS.COM