

WNPF/WCPF SANCTIONED

Red Brick  
Bench Press Championship VII

SATURDAY, FEBRUARY 20, 2010

Lewiston Red Brick School

145 North Fourth St

Lewiston, New York 14092

Support Our Troops

All proceeds from this charity event will be donated to local military support groups. These groups provide needed assistance to local troops currently stationed in Iraq and Afghanistan and their families here at home.

WORLD NATURAL POWERLIFTING FEDERATION (WNPF) AND WORLD CLASS POWERLIFTING FEDERATION (WCPF) SANCTIONED TO BREAK FEDERATION RECORDS AND PLACE IN POWERLIFTING USA MAGAZINE AND POWERLIFTINGWATCH.COM TOP RANKINGS LIST

- **SCHEDULE:** Early weigh-in: **Friday, February 19, 2010 from 6:00PM - 7:00PM.** Normal Weigh-in: **Saturday, February 20, 2010 from 8:00AM to 9:00AM.** Rules meeting: **9:00AM.** Competition starts: **10:00AM.**
- **ENTRY FEE:** Each competitor: **\$50.00 includes a One Event WNPF/WCPF Card or \$40.00 with a Valid WNPF/WCPF Card. \$20.00** for each additional division. Team competition: additional **\$40.00** for entire team. **Competition is Free for Military with I.D.**
- **AWARDS:** Individual competitors will receive a class trophy with place of finish inscribed. Lifters must complete a satisfactory lift. Teams will be limited to six competitors per team.
- **WEIGHT CLASSES:** 97, 104, 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308 and SHW
- **DIVISIONS:** Youth (Under 9, 9-10, 11-12), Teen (13-14, 15-16, 17-19), Junior (20-23), Open (24-34), Sub-master (35-39), Master (40-49, 50-59, 60-69, 70+), Police/Fire and Military Divisions.
- **EQUIPMENT:** Raw and assisted (bench shirt). All lifters should wear proper lifting apparel. Shorts, workout pants and t-shirts are acceptable as long as judges can see bench contact (no excessively loose clothing). No offensive wording or designs on apparel.
- **AUDIENCE ADMISSION:** Adults: \$3.00, children under 13: \$1.00
- **APPLICATIONS:** Applications may be picked up at the Lewiston Red Brick School, Dennis Brochey's Automotive, 800 Center St, Lewiston NY 14092 or [www.niagarapowerliftingclub.com](http://www.niagarapowerliftingclub.com)
- **FOR INFORMATION:** Call Dennis Brochey, Meet Director at 716-754-4009 (day), 716-200-3533 (evening), email: [dennis.brochey@niagarapowerliftingclub.com](mailto:dennis.brochey@niagarapowerliftingclub.com) or Marianne Gittermann, Lewiston Recreation Director at 716-754-1990

DETACH APPLICATION HERE AND RETAIN WAIVER COPY AND MEET DETAILS FOR YOUR RECORDS.

Red Brick Classic Bench Press Championship VII Application  
APPLICATION DEADLINE: SATURDAY, FEBRUARY 13, 2010

Please **FULLY** complete application, **READ and SIGN** waiver on back and mail with check to: **Village of Lewiston, 145 N 4<sup>th</sup> St, PO Box 325, Lewiston NY 14092.** All information is needed for proper trophy presentation. Make checks payable to: **Lewiston Recreation Dept.**

NAME (FIRST, MI AND LAST)

DATE OF BIRTH (MM/DD/YY)

PHONE NUMBER

STREET ADDRESS

EMAIL ADDRESS

CITY

STATE/PRVN

ZIP CODE

WNPF/WCPF SANCTION CARD NUMBER

WNPF/WCPF CARD EXPIRATION DATE

GENDER: Male Female

EQUIPMENT: Raw Assisted (Bench Shirt)

WEIGHT CLASS: 97 104 114 123 132 148 165 181 198 220 242 275 308 SHW

DIVISION: Youth 9-10 Youth 11-12 Teen 13-14 Teen 15-16 Teen 17-19 Junior 20-23 Open 24-34  
Sub-master 35-39 Master 40-49 Master 50-59 Master 60-69 Master 70+ Police/Fire Military

TEAM ENTRY:

TEAM NAME (PLEASE ATTACH A SEPARATE LIST IF MORE THAN SIX MEMBERS)

TEAM MEMBERS:

1. 2.  
3. 4.  
5. 6.

COST:

\$50.00 Individual (Includes One Event WNPF/WCPF Card) 40.00 (with a Valid WNPF/WCPF Card)

\$20.00 Additional Division \$40.00 Per Team Free for Military with I.D. \$10.00 Late Fee

Amount Enclosed \$

PLEASE SIGN AND DATE

DATE (MM/DD/YY)

# WAIVER

(COPY FOR YOUR RECORDS)

I waive and release the Village of Lewiston, Niagara Powerlifting Club, contest facility, sponsors, Niagara Powerlifting Club and Village of Lewiston staff and volunteers and any other person(s) associated with this event from any liability from personal and bodily injuries I may obtain at the event or traveling to or away from the event. I realize that Bench Pressing is a dangerous sport and I choose to lift at my risk. I will forfeit all fees if I do not attend the contest for any reason or leave the contest on my own. If a case should arise with the Village of Lewiston or the Niagara Powerlifting Club, I agree to pay all legal fees, court costs and litigation expenses for myself and the Village of Lewiston and Niagara Powerlifting Club.

-----  
DETACH APPLICATION HERE RETAIN WAIVER COPY AND MEET DETAILS FOR YOUR RECORDS.

# WAIVER

(SUBMIT WITH APPLICATION)

I waive and release the Village of Lewiston, Niagara Powerlifting Club, contest facility, sponsors, Niagara Powerlifting Club and Village of Lewiston staff and volunteers and any other person(s) associated with this event from any liability from personal and bodily injuries I may obtain at the event or traveling to or away from the event. I realize that Bench Pressing is a dangerous sport and I choose to lift at my risk. I will forfeit all fees if I do not attend the contest for any reason or leave the contest on my own. If a case should arise with the Village of Lewiston or the Niagara Powerlifting Club, I agree to pay all legal fees, court costs and litigation expenses for myself and the Village of Lewiston and Niagara Powerlifting Club.

\_\_\_\_\_  
SIGNATURE (PARENT OR GUARDIAN IF UNDER AGE 18)

\_\_\_\_ / \_\_\_\_ / \_\_\_\_  
DATE (MM/DD/YY)