

BACKYARD Bench & Deadlift

Saturday, April 1, 2023

Time: 7:30 - 9:00am – Weigh-in and equipment check-in. 10:00am – Competition begins

Location: Ford's Gym, 2114 Winnebago Street, Madison, WI 53704 phone: 608-249-4227,
email: ford@fordsgym.com, Meet Director – Ford Sheridan

Divisions: 1) Teenage male and female; 2) Master male and female (over 40); 3) Open male and female

Weight Classes: Male 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, SHW
Female: 97, 105, 114, 123, 132, 148, 165, 181, 198, 198+
**Bodyweight must be at or below weight class entered.*

Fee: Entry Fees Individual \$40.00 for first event or division; additional \$20.00 for each additional event or division. Fees are not refundable. Spectators tickets: Adults \$5.00, Children under 12 \$2.00

Entry: Entries must be postmarked by March 18, 2023. No late entries will be accepted!

Awards: 1st - 3rd place in each Open weight class. 1st - 3rd place in the Teenage division as calculated by the Wilks formula. 1st - 3rd place in Masters divisions as calculated by the Wilks and age formulas. "Best Lifter" awards for Men's and Women's Open division as calculated by the Wilks formula. Weight classes may be adjusted on the day of the meet based on entries.

Rules: Single-ply bench shirts and deadlift suits will be allowed. Lifters must wear a one-piece lifting suit or tight shorts. Long socks are required for deadlift. The press command will be used for the bench press. A mandatory rules meeting will be held at 9:30am to familiarize competitors with the rules.



FORD'S GYM

Share this flyer with friends or family who may be interested.

www.fordsgym.com



Entry Form: Entries must be postmarked by March 18, 2023 and contain entry form & fee payable to Ford's Gym.

Name: _____ Age: _____ Phone: (_____) _____

Address: _____ City: _____ State: _____ Zip: _____

Email: _____

Sex: Male Female Division: Teenage Masters Open - Weight Class (see list above): _____

Event: Bench Press Only Deadlift Only Both Bench Press and Deadlift

Please provide the name and address of the club you workout at: _____

Address: _____ City: _____ State: _____ Zip: _____

RELEASE FROM LIABILITY - Read this release carefully, when you sign it you will be giving up important legal rights. In consideration of accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators assume all responsibility for injuries I may incur as a direct or indirect result of my participation in this event and waive and release any and all rights and claims for losses and damages I may have against the participating sponsors, Intensity Partners, Ford's Gym, Inc., their employees or assistants, their directors, employees and/or agents for any and all injuries suffered by me in this event. I further attest that I am physically fit and have trained sufficiently for this event. I further agree to abide by all decisions of the contest director and declare that all of the information contained herein is to the best of my knowledge true, correct and complete. Also, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or other record of this event for any purpose whatsoever.

Signature of applicant in full or parent if under 18 years old