

Department X

Missouri State Fair
Bench Press/Deadlift Championships
presented by
Dr. Darrell Latch and Son Light Power Gym

Lowell Mohler Assembly Hall • Sedalia, Missouri
Sunday, August 10, 2008



Weigh-in: 9:30 a.m. - 11:00 a.m.

Competition: 12:00 noon

Awards: Large, beautiful 1st-5th place trophies awarded in each weight class:

Weight Classes: 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW.

Divisions: Novice, Open, Teen-age (13-15, 16-17, 18-19), Junior (19-23), Submaster (35-39), Master (40+), Police & Fire (all divisions for both men and women)

Rules: All standard rules apply. You may enter either the bench press or the deadlift competition, or both. Each is a separate competition with separate entry fees and separate awards. One piece lifting suits and bench shirts are allowed but not required.

Sanction: Sanctioned by SONLIGHT POWER. All lifters are eligible to set state records. There is no charge for SONLIGHT POWER membership cards.

*2-Man, 2-Woman, Man-Woman Deadlift event held in conjunction with deadlift competition

No Late Entry Fees. You may enter the day of the competition.

Entry fee: \$50.00 PER ENTRY (does not include Fair admission)

For information call:

217-253-5429

www.sonlightgymn@verizon.net

Send completed entries to:

Son Light Power Gym

122 West Sale Street

Tuscola, IL 61953

2008
Bench Press/Deadlift
at the Missouri State Fair

OFFICIAL ENTRY FORM

Please print this page, complete the form, and mail it to the address indicated below.



Name _____

Address _____

City, State, Zip _____ County _____

Weight Class _____

Division _____

Age _____

I agree to hold harmless SON LIGHT POWER GYM, the promoters and sponsors and the MISSOURI STATE FAIR for any injuries I may sustain from this competition.

Send completed entries to:
Son Light Power Gym
122 West Sale Street
Tuscola, IL 61953

Signature _____ Date _____

Parent, if under 18 yrs. _____