

# BENCH PRESS CHALLENGE



# PENDLETON SERIES 2009

**WEIGH-IN TIME: 1000-1130 - COMPETITION TIME: 1145**

**ALL COMPETITIONS ARE AT THE SAME TIME**

## WEIGHT CLASSES

**MEN**

**148.74 LBS AND UNDER**

**149-165.75 LBS**

**166-181.75 LBS**

**182-197.75 LBS**

**198-220 LBS**

**220.5 LBS AND UP**

**MEN'S MASTERS 35 YEARS AND UP**

**WOMEN**

**UP TO 130 LBS**

**130.5 LBS AND UP**

**MASTERS 35 YEARS AND UP**

**COMPETITORS CAN ENTER ONLY ONE CATEGORY**

## AWARDS

**FIRST THROUGH THIRD ALL WEIGHT CLASSES AND OVERALL MALE AND FEMALE. MALE AND FEMALE BEST OF SERIES AWARD: MOST POINTS EARNED IN THREE DIFFERENT CONTESTS.**

**COMPETITIONS TAKE PLACE AT THE FOLLOWING FITNESS CENTERS ON THESE DATES:  
FOR ADDITIONAL INFORMATION PLEASE CALL 763-0657**

★ **FRI, 20 MARCH - PAIGE FIELDHOUSE** ★ **FRI, 23 OCT. - 52 AREA FITNESS CENTER**

