

NON-SANCTIONED

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JULY 9TH, 2022

GK Productions Presents

BEST ON THE BENCH CHAMPIONSHIPS

DURHAM CONVENTION CENTER - 301 W. MORGAN STREET - DURHAM NC 27701

!!!!!! RAW ONLY!!!!!!

WRIST WRAPS, ELBOW WRAPS AND BELTS ARE ALLOWED

AWARDS: PLACES: **1ST THRU 3RD** BEST LIFTERS: **MASTERS AND OPEN, MEN AND WOMEN**

FEES: ONE CLASS \$65 CROSSOVER \$45 **LATE FEE: \$20 AFTER JUNE 25TH**

(GOODY BAGS AND RAFFLE TICKET FOR DOOR PRIZES)

ADMISSION: ADULTS - \$10 CHILDREN UNDER 12 - \$5

WEIGH-INS: SATURDAY 7AM-9AM RULES MEETING: 9AM LIFTING BEGINS: 10AM

NAME _____

E-MAIL _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

PHONE # _____ AGE _____ GYM _____

AGE CLASSES

TEEN: 13 - 15 16 - 19 WOMEN MASTERS: 40 - 49 50 - 59 60+ MEN MASTERS: 40 - 49 50 - 59 60+

OPEN CLASSES

WOMEN: [132 & UNDER] [OVER 132-181] [OVER 181] MEN: 132 148 165 181 198 220 242 275+

WAIVER OF CLAIMS - READ CAREFULLY AND SIGN BELOW:

IN CONSIDERATION OF MY ACCEPTANCE OF THIS ENTRY, I HEREBY FOR MYSELF, EXECUTOR, AND ADMINISTRATORS WAIVE AND RELEASE ALL RIGHTS AND CLAIMS FOR DAMAGE OR INJURY WHICH I MAY INCUR BY VIRTUE OF MY COMPETING IN THE BEST OF THE BENCH CHAMPIONSHIPS AS AGAINST DURHAM CONVENTION CENTER, GLORIA KNIGHT-McNEIL, MEET VOLUNTEERS AND SPONSORS. I ALSO REALIZE THAT THE SPORT OF POWER LIFTING IS A HIGH RISK SPORT, AND I COULD BE INJURED. I CERTIFY THAT I AM IN GOOD HEALTH AND HAVE NO SERIOUS HEALTH PROBLEMS, AND ASSUME FULL RESPONSIBILITY FOR SUCH CONDITION. IN ADDITION, I WAIVE ALL RIGHTS TO ANY PICTURES AND VIDEO TAKEN AT THIS EVENT. I HAVE READ AND FULLY UNDERSTAND THE WAIVER AND ASSUME ALL RISK FOR INJURY, AND DO HERE BY VERIFY WITH MY SIGNATURE.

SIGNATURE

PARENT SIGNATURE IF UNDER 18 YEARS OF AGE

DATE

SEND APPLICATION AND ENTRY FEES TO: GLORIA KNIGHT-McNEIL, MEET DIRECTOR, P.O. Box 71473, DURHAM, NC 27722
ENTRY FEES CAN BE PAID BY PAYPAL, CASHIER'S CHECK OR MONEY ORDER. NO PERSONAL CHECKS!-NON REFUNDABLE!

***MORE INFORMATION** CALL 919-451-8202 OR EMAIL NCMEGAMUSCLE@GMAIL.COM