

OFFICE USE ONLY

CLASS 1 \_\_\_\_\_ CLASS 2 \_\_\_\_\_ WT \_\_\_\_\_ AGE \_\_\_\_\_ OPEN COEF \_\_\_\_\_ MASTER COEF \_\_\_\_\_

GK Productions  
Presents

NOVEMBER 19<sup>TH</sup>, 2022

# BEST ON THE BENCH CHAMPIONSHIPS

MILLENNIUM HOTEL DURHAM – 2800 CAMPUS AVENUE DURHAM NC 27705

OPEN TO FIRST 50 LIFTERS. ENTRIES AFTER 50 WILL BE ADDED TO THE WAITING LIST.

WRIST WRAPS, ELBOW WRAPS AND BELTS ARE ALLOWED, NO BENCH SHIRTS

AWARDS: PLACES: 1<sup>ST</sup> THRU 3<sup>RD</sup> BEST LIFTERS: TEENS / MASTERS / OPEN

FEES: ONE CLASS \$70 CROSSOVER \$50 LATE FEE: \$50 (AFTER NOVEMBER 5, 2022)

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

EARLY WEIGH INS: 5PM-7PM FRIDAY, NOVEMBER 18, 2022 WEIGH-INS: 7AM-8:30AM SATURDAY, NOVEMBER 19, 2022

RULES MEETING: 9AM LIFTING BEGINS: 10AM

NAME \_\_\_\_\_

E-MAIL \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

PHONE # \_\_\_\_\_ AGE \_\_\_\_\_ GYM \_\_\_\_\_

CLASSES

TEEN:  13 - 15  16-17  18-19 JUNIORS:  20-23

MEN & WOMEN: SUB-MASTERS:  30-39 MASTERS:  40 - 44  45-49  50 - 54  55-59  60-64  65+

OPEN WOMEN AND MEN CLASSES

WOMEN:  UP TO 123  132  148  165  181  198+

MEN:  132  148  165  181  198  220  242  275  308+

**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**. I RELEASE **GLORIA KNIGHT-McNEIL, THE MILLENNIUM HOTEL DURHAM**, ITS PARENT, AFFILIATES, SUBSIDIARIES AND THEIR RESPECTIVE OFFICERS, DIRECTORS, SHAREHOLDERS, EMPLOYEES/VOLUNTEERS/SPONSORS/VENDERS, AND AGENTS FROM AND AGAINST ALL LIABILITY IN CONNECTION WITH THEIR PARTICIPATION IN THE BEST OF THE BENCH CHAMPIONSHIPS. 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. I 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, VERIFIED 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(NCMEGAMUSCLE), CASH APPS(\$NCMEGAMUSCLE), ZELLE(919-451-8208), CASHIER'S CHECK  
OR MONEY ORDER. NO PERSONAL CHECKS! **NON-REFUNDABLE!!**

\***MORE INFORMATION** CALL 919-451-8202 OR EMAIL [NCMEGAMUSCLE@GMAIL.COM](mailto:NCMEGAMUSCLE@GMAIL.COM)