2009 THON "Lift for the Kids"

PENN STATE POWERLIFTING
clubs.psu.edu/up/powerlifting

3rd Annual Bench Press Competition
November 16, 2009 7:30 pm White Building (Check-in 5:45 pm)

Date: _____

Name: _____

E-mail: _____

Age/Gender: _____

T-Shirt Size: Circle one

XS SM MED LAR XL XXL

Weight Class: Circle one

Men:

(150 or less) (150-175) (176-205) (206-230) (231-265) (265 or more)

Women:

(120 or less) (120-140) (140-160) (160 or more)

Bring this form along with the liability waiver and $15 entry fee (checks made payable to Penn State Powerlifting) to the HUB tables, near Panda's Sushi, on October 26, 30, or November 2nd. Forms/money are all due by November 2nd. Forms and money can also be dropped off in the Powerlifting mailbox near the club sports desk in White Building. All competitors will receive a free meet t-shirt and winners in each weight class will receive prizes!

"Show Them Your Strength" FTK