

WEIGHTLIFTING COMPETITION

Hastings Summerfest 2011

www.mibarry.com/tourism/events.htm

EVENT COORDINATORS

Benny Bowman
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Walk-Up Competitors Always Welcome!!



Benchpress & Deadlift

Saturday, August 27, 10:30 a.m.

Held Outdoors - Intersection of Court and Church Street
Hastings, MI

- ◆ Sign up by weight class within your event. Open to both "hard core" and "not-so-hard core". These events are taken seriously, but we still have fun. This is NOT a sanctioned event.
- ◆ Each event will be run independently so participants have the option of competing in one event or both.
- ◆ Open to Men & Women (no young children) with women's and "new" young men's division options.
- ◆ Know your limitations—and please warm up first.
- ◆ Free T-shirt for every participant (one shirt per participant; not per event.)
- ◆ Bring your family for encouragement and also to enjoy all that Summerfest has to offer (craft booths, parade, street activities and of course—yummy food!)

NEW

Added for 2011 will be a Young Men's Division

Men's Bench Press		Men's Dead Lift	
Weight Class	Record	Weight Class	Record
0-129	160 lbs	0-129	300 lbs
130-159	290 lbs	130-159	355 lbs
160-189	350 lbs	160-189	515 lbs
190-219	415 lbs	190-219	600 lbs
220-249	375 lbs	220-249	575 lbs
250 & Up	585 lbs	250 & Up	670 lbs
Women's Bench Press		Women's Dead Lift	
Weight Class	Record	Weight Class	Record
0-159	0 lbs	0-129	250 lbs
160 & Up	0 lbs	160 & Up	250 lbs