

**2009 JACKTOWN FAIR
HIGH SCHOOL BENCH PRESS CHALLENGE**

DATE: Saturday, July 18, 4:00 pm

LOCATION: Jacktown Fairgrounds, Wind Ridge PA 15380

MEET DIRECTORS: Greg & Susan Van Hoose

WEIGH-IN TIME: 3:30 pm Saturday, July 18 (all lifters weigh-in, men & women)

LIFTING WILL BEGIN AT 4:00 PM

AWARDS: Awards will be large medallions 1" thru 3"

WEIGHT CLASSES: Men's -- 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW
Women's -- 97, 105, 114, 123, 132, 148, 165, 181, 181+

RULES:

Three judges will officiate each lift. The head judge will be responsible for the two commands that will be given (Press & Rack). All three judges will be responsible for making sure the lifter performs the attempt as mentioned below. A successful attempt will be given a white light. An unsuccessful lift will be given a red light. There must be a majority to be a successful or unsuccessful lift. Example 1: two red lights and one white light are deemed an unsuccessful lift. Example 2: Two white lights and one red light are deemed a successful or good lift.

Lifter must take the bar off at arms length and lower it under his/her own control to chest at that time the judge will give a press command. No bouncing or heaving the bar off of the chest will be allowed. After press command is given the bar must move upward to lock out position where elbows are totally locked out. At this time they will be given a rack command and then lifter can rack the bar. Feet must not lose contact with the floor but can move during lift. A reasonable amount of hip movement will be allowed during the attempt just as long as it does not result in an unsafe position for the lifter. Any violation of above rules could result in a red light from any of the three judges.

DEFINITION OF MEET

BENCH PRESS: No supportive equipment allowed except a lifting belt.

DIVISION: High School Boys: Current high school student, grades 9-12
High School Girls: Current high school student, grades 9-12

APPAREL: Lifters can wear T-shirt and shorts. NO offensive language is allowed on clothing and meet director has right to deny clothing that is deemed offensive or not appropriate to the general public. Lifters must wear shoes with a molded sole. Example: gym shoes, wrestling shoes, etc.

ENTRY FEE & DEADLINE: Entry fee \$15.00 postmarked no later than Thursday, July 9, 2009 will receive an official Jacktown Fair Bench Press Challenge T-shirt. Entry fees received after 7/9/2009 will be \$15.00 with no T-shirt.

HIGH SCHOOL TEAM CHALLENGE – FREE

Lifters must be from same high school and a maximum 10 lifters on a team. Lifters can be spread through the 12 weight classes for the men (9 for women). A maximum of two lifters per weight class. Example: (2) 198, (2) 181 etc)

Scoring is as follows:

1st place – 7 points 2nd place – 6 points 3rd place – 3 points 4th place – 2 points 5th place – 1 point

The first six places of each team will be scored and tallied. If there is a tie, whoever has the most 1st places of the top six scores will be the winner. If it is still tied, we will go to the seventh score and so on until we break the tie. If both teams have the same number of first places after the 10th lifter, we will total the coefficients of the top six lifters to determine the tie breaker.

Make check payable to: Jacktown Fair

Return entries to: Joe Behm, 518 Webster Rd, Graysville PA 15337

Phone 724-428-3664

Phone 724-428-5198

-----DETACH AND RETURN-----

ENTRY FORM JACKTOWN FAIR HIGH SCHOOL BENCH PRESS CHALLENGE DEADLINE 7/9/09

Name _____ Weight Class _____

School _____

Address _____
Street, Road, Etc

City _____ State _____ Zip Code _____
Phone (_____) _____ Email _____
Area Code

Age _____ Grade _____ DOB _____

Divisions:

Please mark an X in the appropriate parenthesis for the division you would like to enter.

High School Boy's Bench Press Division ()

High School Girl's Bench Press Division ()

In consideration of your acceptance of this entry, I hereby waive, for myself, my heirs, and assigns, any and all claims for injury or damages which I may incur by virtue of competing in this meet as Greg Van Hoose, Van Hoose Enterprises, Jacktown Fair, Jacktown Fair Board, their agents and employees. I also certify that I am in good physical health and I am not knowingly competing in this competition against any doctor's orders or recommendations. I also realize that power lifting and bench pressing are high risk sports and I could very well be injured. I release the promoter and above mentioned individuals and owners of any liability for injury or loss if any such injury occurs. I also realize that I use the reverse or open (thumb not locked around bar) grip for the bench press, I assume full responsibility if I choose this method to bench press. I fully accept the risk that I may take for my own actions in performing my lifts in this meet and in the warm-up areas. I also realize that spotter/loaders are not provided in the warm-up areas and I shall provide my own, for my own safety. I hereby release Greg Van Hoose, Van Hoose Enterprises, the owner of the meet location, and any and all agents and employees of such from any and all claims for injury and loss that I might incur by my participation in this event, in the warm-up area and my travel to and from the meet. I do so by signing below. **DO NOT SIGN BEFORE READING THIS DOCUMENT FULLY AND CAREFULLY.**

Signed _____

Date _____

Signature of Parent (if not 18) _____