

MONTANA STATE



G-Town Classic Pride Montana State Bench Press & Deadlift Championships

FILL OUT FRONT AND
BACK OF THIS FORM

Pride Montana State Bench Press & Deadlift Championships

COMPETITION AT THE GOOSETOWN RACQUET AND HEALTH CLUB, ANACONDA, MT
Competition – Saturday Sept 20, 2008 begins at 11:00AM

ENTER EARLY TO SAVE MONEY! ALL LIFTERS MUST WEAR A SINGLET DURING COMPETITION.

MAIL ENTRY FORM TO: MONSTER MUSCLE, PO BOX 3224, CDA, ID 83816

PERSONAL INFORMATION:

Name _____ Male _____ Female _____
Address _____ Phone (_____) _____ - _____
City _____ State _____ Zip _____ Birth Date: ____ / ____ / ____ Age: _____
(on 9/20/08)
Emergency Contact _____ Phone (_____) _____ - _____

CONTESTS

Please circle your competition events. Knee wraps, wrist wraps and belt are allowed in all raw divisions.

RAW SINGLE LIFT: Raw Bench Press Raw Deadlift
EQUIPPED SINGLE LIFT: Bench Press Deadlift
UNLIMITED EQUIPPED SINGLE LIFT: Bench Press

You **CAN** enter equipped & raw bench press. For example, you would bench in the raw flight, then again in the equipped flight. It would be 2 separate contests and 2 separate awards. If you would like to do this circle both contests above.

TEAMS: Must have at least 5 people entered in the contest to form a team. Go online or call for team rosters form.
TEAM AWARDS & NO ADDITIONAL FEES! Get your gym involved.

WEIGHT CLASS

Please circle the weight class you will compete in. You must weigh this or less during weigh-ins. Since custom awards are made in advance, if you do not make the weight you circle, you may not receive an award. **Try and be accurate as possible.**

Men: 114 123 132 148 165 181 198 220 242 259 275 308 308+
Women: 105 114 123 132 148 165 181 198 199+

AGE DIVISION

Please circle the age division(s) you will compete in. Remember adding a 2nd division will double entry fees. You will also get 2 awards and be competing for both records.

YOUTH 11-12 TEEN 13-15 TEEN 16-19 JUNIOR 20-25 OPEN SUBMASTER 34-39 MASTER 40-46
MASTER 47-53 MASTER 54-60 MASTER 61-67 MASTER 68-74 MASTER 75-79 MASTER 80+
SPECIAL OLYMPIAN LAW/FIRE

WE ARE HIRING: Want to get involved and work the event? We need at least 4 spotter / loaders. It pays \$10 an hour plus a free t-shirt! Let us know if you can help out. Call (509) 868-2192 or (208) 964-5066 if you are serious about working.

AWARDS: Beautiful awards will be given to 1st through 4th place. Best lifter awards will be given to all male and female classes (open, teen, submaster, master) that have 7 or more entries. Pride Record Certificates available to all lifters who break records!

ENTRY DEADLINE: Please have entry in as early as possible. The earlier you register, the better the price. We are accepting entries all the way up to weigh ins the day before the event. MAKE CHECK OR MONEY ORDER PAYABLE TO: MONSTER MUSCLE AND SEND TO PO BOX 3224, CDA, ID 83816.

DIRECTIONS: Contest & weigh-ins will be at Goosetown Racquet and Health Club 909 E. Front St., Anaconda MT 59711. Phone number to the club is (406) 563-7878.

DIVISIONS AND WEIGHT CLASSES FOR RAW AND EQUIPPED COMPETITIONS:

Men Weight Classes: 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, 259, 275, 308, SHW
Women Weight Classes: 97, 105, 114, 123, 132, 148, 165, 181, 198, 199+

Open Men: Any male lifter age 18 and over can compete in the open division. All weight classes.

Open Women: Any Female lifters age 18 and over can compete in the open division. All weight classes.

Junior Men and Junior Women: Any lifter age 20-25 in all weight classes.

Master Men – Master Women: Age groups 40-46, 47-53, 54-60, 61-67, 68-74, 75-79, 80+ in all weight classes.

Teen Men - Teen Women: Age groups 13-15, 16-19 will be contested in all weight classes, including 97# class

Submaster Men – Submaster Women: Men and women ages 34-39 in all weight classes.

Special Olympian/Disabled Men and Women: Men and women will compete in all weight classes.

Youth Boys and Girls: Ages 7-8, 9-10, 11-12 weighing 55, 65, 75, 85 and 95 lbs. Parents must be on site and assist.

Law Enforcement/Fire Fighter: Men and women will compete in all weight classes.

RAW CLASS EQUIPMENT RULES: Belts and wraps are allowed in the RAW division. No supportive equipment outside of wraps and belt. No bench shirts or elbow wraps. **All lifters must wear a singlet** during competition! Singlets will be available at weigh-ins and on competition day at a discounted price.

EQUIPPED CLASS RULES: Allowed Equipment: 4" Belts, up to 36" wrist wraps, Double ply bench shirts (No complete open back. Velcro OK), Double ply squat & deadlift suits (Velcro shoulder straps OK), Supportive Briefs (NO power pants or half suits allowed), NO canvas shirts or suits. Denim and poly OK. Complete list of approved equipment online.

UNLIMITED BENCH CLASS RULES: Allowed Equipment: Open back allowed. Double ply Rage X and Katana,

EQUIPMENT: Forza Super Bench Press. Texas Power bar will be used in all lifts. Pound plates will be used.

TECHNIQUE: No reverse-grip. Suicide-grip is only allowed with signed waiver. Performance rules are online at PridePowerlifting.com.

WEIGH-INS: Friday 1:00PM-8:00PM Sep 19, 2008 and Saturday 9:00AM-10:00AM Sep 20, 2008 at Goosetown Racquet and Health Club 909 E. Front St., Anaconda MT 406-563-7878

QUESTIONS: Everybody has questions. Feel free to call or e-mail us. 509-868-2192 or 208-964-5066 or wes@monstermuscle.com

ENTRIES: Please get entries in as early as possible. If you have any questions please contact us to ensure an award. Any late entries that require a trophy to be shipped will require the lifter to pay shipping costs. Entries can be processed over the phone (208) 964-5066 or by fax (208) 765-5827 with any major credit card.

WEIGHT CLASS CHANGES: Please put some thought into the weight you mark and try your hardest to make weight. Programs and awards are made in advance. If you do not make weight you may lift in the next higher weight class, but you will be listed incorrectly in the program and you may not receive a trophy at the show. Weigh-ins are extremely strict, nobody will slide! Call (208) 964-5066 with questions.

RECORDS: You are competing from Pride state records. Records found at www.PridePowerlifting.com and listed at the event. Pride Record Certificates are available. Visit us online or call for information.

TEAM ENTRIES: Teams require 5 members entered in the contest. It is FREE for team entries so get your gym involved. Team/gym name goes on the award!

HOTELS:

Trade Wind Hotel 1600 E. Commercial Ave (406) 563-3428

Fairmont Hot Springs Resort 1500 Fairmont Rd. (406) 797-3241

Motel 6 422005 Nissler Rd, Butte, MT (406) 782-5678 (approx 25 miles away from location)