

1st Annual First Responders Bench and Deadlift Team Showdown

Date: August 10th, 2013

Weigh ins: 7 AM, Lifting Begins at 9 AM

Location: Chinchilla Fire Hall "Outdoor" Pavilion



Teams:

Three Person Male Team
Two Person Female Team
Two Person Combined (1 male / 1 female)
Team

Format:

Event #1: Bench Press for reps (1 minute time limit)
Event #2: Deadlift for reps (1 minute time limit)

Weights Per. Gender / Bodyweight

Male Weights:

Bench Press = Bodyweight
Deadlift = 150% of Bodyweight (ex. 220
Bodyweight * 150% = 330 Pounds)

Female Weights:

Bench Press = 75% of Bodyweight (ex. 125
Bodyweight * 75% = 95 Pounds)
Deadlift = Bodyweight

Trophies: Top 3 Men's Teams, Top 3 Women's Teams,
Top 3 Combined Teams

Criteria: Each person on each team will bench and
deadlift for reps. The combined reps of each team's
bench and deadlift will determine the placing.

Entry Fee: \$50 Per. Person

Entry Deadline: July 18th, 2013

Event Applications

<http://www.purepowerlifting.com/2013FirstResponders/>

1st Annual First Responders Max Bench and Deadlift

Date: August 10th, 2013

Weigh ins: 7 AM, Lifting Begins at 9 AM

Location: Chinchilla Fire Hall "Outdoor" Pavilion



Format:

Event #1: Bench Press Max Bench

Event #2: Deadlift Max Bench

Male Weights Classes

Heavy Weight 231+

Light Weight Under 231

Female Weights Classes

Heavy Weight 148+

Light Weight Under 148

Entry Fee: \$50 Per. Person Per. Event

Criteria: You can enter Bench or Deadlift or both.

Trophies:

Top Male Heavy Weight Bench Press Max,

Top Male Light Weight Bench Press Max

Top Female Heavy Weight Bench Press Max,

Top Female Light Weight Bench Press Max,

Top Male Heavy Weight Deadlift Max,

Top Male Light Weight Deadlift Max

Top Female Heavy Weight Deadlift Max,

Top Female Light Weight Deadlift Max

Entry Deadline: July 18th, 2013

Event Applications

<http://www.purepowerlifting.com/2013FirstResponders/>

Entry Form

Name: _____ Age: _____
Date of Birth ____/____/____
Street _____
City _____
State _____ ZIP _____
Phone (_____) _____
E-mail _____

Event:

Bench and Deadlift Team Showdown

Team Name _____
3 Person Male _____ Team Members _____
2 Person Female _____ Team Member _____
2 Person Combined _____ Team Member _____

Max Bench _____

Max Deadlift _____

Male _____ Female _____

Release from liability

In consideration of the acceptance of my entry form in this powerlifting competition I intend to be legally bound, for not only myself but also for my heirs, my executors and my administrators. In signing this release from liability I waive and release everyone connected, including but not exclusively Steven T. Mann, PurePowerlifting.com, the spotters, the loaders, the facility owners, the referees and equipment manufacturers, with this competition from any and all liability, including any result of negligence, which may arise from this competition. Moreover, I agree that any testing method which the meet director and the sponsors of this meet use to detect the presence of strength inducing drugs SHALL BE CONCLUSIVE. This is, whether I think the results of the test are right or wrong, I agree that I have no right to challenge the results of the drug tests. I further agree to submit to any physical test, which may be necessary to complete the drug testing. Should I fail to pass the drug tests I agree to forfeit any trophy or award, which I might otherwise have won. I understand and agree that if I fail to pass the drug tests, my name will appear on a published list of suspended members. If it is determined that I have failed the drug test, I agree to waive any claim for which legal relief is available. I agree to pay any attorney fee and litigation expenses by any person, real or corporate, whom I may sue in an effort to challenge this release from liability form. I understand that my agreement to pay attorney fees and litigation expenses is the SINE QUA NON for acceptance of my entry in this contest. If any provision of this Release from Liability shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this Release from Liability shall remain in force and effect. I also certify with my signature that this release/agreement cannot be modified orally.

Signature of Contestant

Date

Entry Deadline July 18th, 2013 – Mail Applications and monies to Steve Mann, PO Box 495, Chinchilla, PA 18410
Checks or Money Orders made out to "Steve Mann"

Event Progression Team Bench / Deadlift:

Event will be run progressively, which means the bar will start at the lightest weight and we will proceed to the next weight up. Each athlete will have one minute to do as many reps as possible.

In the bench the bar must touch the chest and the lifter must lock out the weight for the rep to count. The lifter needs to show lockout before proceeding to next attempt, the judge will declare the rep good with a count. No pause is required. The lifter can't lift their butt off the bench or bounce /heave the bar from chest, this should be a controlled touch and go.

In the Deadlift the lifter must lock out the weight, by have a upright position. The bar needs to touch the ground on both sides before the lifter proceeds to the next attempt. No bouncing the bar to achieve favorable movement from the ground. On the way up the weight can rest against the legs, but must not go downward during the upward movement. The lifter may not use their legs to finish the lift (hitch).

Event Progression Max Bench / Deadlift:

Event will be run progressively. You will have three attempts to make your Max Bench and/or Deadlift. We will load the lowest starting weight given at weigh-ins. All athletes must declare their next attempt after each attempt completed, with-in 30 seconds. The bar can never be taken down in weight. If you follow yourself in next attempt, you will be given three minutes to take your next attempt.

In the Bench, the lifter must bring the bar to a stop on the chest and wait for a press command from the judge. The lifter may not raise his butt off the bench or move his feet. The weight should be locked out. The lifter must grip the bar with the thumb around the bar, no suicide grips permitted.

In the Deadlift, the lifter must lift the bar until in an upright position. Shoulders do no need to be rolled back, but the judges must see a full standing position. The lifter is not permitted to use their legs to finish the lifts, otherwise known as a hitch. No downward movement can be seen before the judge says down.

Equipment / Clothing:

Lifters are allowed to lift in lifting singlet or non baggy shorts. It is recommended to wear a t-shirt that represents the organization you are representing. No jeans or pants. Sports shoes, hiking boots, closed top shoes of some kind are prohibited. Sandals and open shoes are not prohibited. Wrist wraps and a lifting belt is allowed. No bench shirts, lifting straps, weight lifting gloves, deadlift or compression suits are allowed.

Email Questions to steve@purepowerlifting.com