

ICE BREAKERS BENCH BRAWL
FEBRUARY 26, 2022 @ 10:00 AM

Sahlen Field
One James D. Griffin Plaza, Buffalo, NY 14203

Awards: 1st-3rd place awards, Best lifter awards Raw Single Ply Only
by Swartz or Malone Formula & Master Foster Formula
Division: Open Men or Women
Teenage 14-15, 16-17, 18-19 All Weight Classes
Sub Masters 35-39 All Weight Classes
Masters 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 +
Master division all weight classes Men or Women
Special Olympians all weight classes
Disabled Lifters (Missing or Prosthetics) all weight classes

Weigh Ins
Friday,
February 25, 2022
5:00-6:00 PM

Saturday,
February 26, 2022
8:00-9:00 AM

Rules 9:30 AM
Contest to Follow

Registration: Applications deadline will be strictly followed.
NO WALK INS OR GUEST LIFTERS

DEADLINE FOR ALL MONEY AND APPLICATIONS IS
February 14, 2022.

****WE MUST HAVE A MINIMUM OF 12 LIFTERS TO RUN CONTEST****

Fees: \$75.00 For Bench
Additional Division \$40.00 Example: Master & Raw

NO MEMBERSHIP FEES

\$10.00 Admission for Spectators and Coach's
(Children under 10 free with parent)

TEAM AWARDS
\$45.00 EACH EVENT
1ST BENCH
(5) Person Teams
All Raw

Gear: Singlet, Tight Shorts (NO baggy shorts or sweat pants)
Single ply only – closed back shirt
Raw = T-shirt – Wrist wraps – Belt
Pro= Unlimited Ply – Open back shirts – Canvas – Denim

Mail To: Mark Becht
8723 Versailles Plank Road
Angola, NY 14006

CHECKS or MONEY ORDER PAYABLE TO: MARK BECHT
716-549-3952 OR 716-208-5430

NAME: _____

ADDRESS: _____

SPONSORED BY THE
REVOLUTION POWERLIFTING SYNDICATE

CITY: _____ ST: _____ ZIP: _____

WEIGHT CLASS: _____ AGE _____ RAW _____ EQUIPT _____

BENCH

DIVISION: TEENAGE _____
SUBMASTER _____
MASTERS _____
WOMEN _____
RAW _____
PRO _____

SPECIAL OLYMPIAN _____
DISABLED LIFTER _____

Release from liability: In consideration of the acceptance of my entry form in this power lifting competition, I intend to be legally bound for not only myself, but also for my heirs, executors and administrators. In signing this release form liability, I waive and release everyone connected with this competition from any and all liability and negligence which may arise from it.

SIGNATURE; _____

PARENT/GUARDIAN UNDER 18 _____