

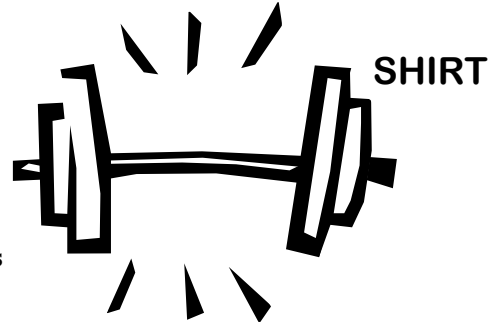
If you have weather concerns, contact  
www.thebacc.com 715-205-1798  
slfronk@hotmail.com

# 11th ANNUAL GOLDEN BEAR BENCH PRESS CLASSIC

**DATE:** Saturday, December 10, 2011

**PLACE:** Barron Area Community Center Theater/Gymnasium  
800 Memorial Drive  
Barron, WI 54812  
E-Mail: www.thebacc.com  
715-537-6666; 715-637-6667 (FAX)  
(Follow hospital signs along Highway 8)  
Located one hour north of Eau Claire and two hours east of Twin Cities

**RAW**



**SHIRT**

**IRONMAN**

**WEIGH INS:** Early: Friday 7 – 9 PM Regular: Saturday 8 – 9:45 AM

**RULES:** Given at 10:15 AM

**CONTEST:** Lifting begins at 11:00 AM (Two platforms will be used if needed)

**WEIGHT:** Men: 114 123 132 148 165 181 198 220 242 259 275 308 SHW

**CLASSES:** Women: 97 105 114 123 132 148 165 181 198 220 242 Unlimited

**DIVISIONS:** Youth: 12 & under; Teen: (Junior 13-15 & Senior 16-19); Junior Open (20-25), Open, Sub-Masters (35-39), Master (40-48), Masters II (49-55), Masters III (56+), Police, Fire, Military, and Ironman (shirt & raw division)  
**Team Event \$20** (must have at least seven lifters in different weight classes or divisions; all must enter individually)

**ENTRY FEE:** \$30 Teen, \$35 Adult, (Late Registration: \$35 Teen, \$40 Adult), 2<sup>nd</sup> Division \$20 (Call or Register Ahead!)  
**Proceeds will be divided between the Barron Area Community Center weight room improvements and the Barron Area Gifts from the Heart, a charitable organization helping needy children at Christmas.**

**AWARDS:** Everyone will receive a trophy that completes one lift. (There will be multiple team awards: high school, collegiate, health club, etc. There will also be several Best Lifter Awards.)  
T-shirts are available to purchase for \$15. Please circle size below. There will be a “bench your bodyweight” contest following the meet and before the awards presentation. Cost is \$1.00 per person for this event with the winner taking all!

**RETURN ENTRY FORM & FEE:** by Saturday, December 3, 2011 to the meet director: **Steve Fronk, 203 West Messenger Street #8, Rice Lake, WI 54868** - Steve's Cell No.: 715-205-1798 or the Barron Area Community Center (info above).  
Breakfast will be served and concessions will be available all day. Hotel accommodations: Barron Motel: 715-637-3154 or call the Rice Lake Chamber of Commerce at 1-800-234-2126

**Cut Here and return with check made payable to: Golden Bear Bench Press Classic and send to Steve Fronk at above address**  
**Steve's E-Mail Address: slfronk@hotmail.com**

Name: \_\_\_\_\_ Amt. Enclosed: \$ \_\_\_\_\_ T-Shirt Size: M, L, XL, XXL, XXXL

Address: \_\_\_\_\_ City: \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Age: \_\_\_\_\_ Weight Class: \_\_\_\_\_ Division(s): \_\_\_\_\_

Male/Female (circle) 1<sup>st</sup> Attempt: (May change at weigh-ins) \_\_\_\_\_ Check: Raw Shirt Ironman

*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 may incur by virtue of my competing in this meet as against Steve Fronk as his agent, or the Barron Area Community Center, Inc. I also realize that the sport of power lifting is a high-risk sport and I could be injured. I certify that I am in good health and have no serious health problems and assume full responsibility for such conditions. I have read and fully understand this waiver and assume all risks for injury, and hereby do verify by my signature.*

**DO NOT SIGN BEFORE READING THIS DOCUMENT FULLY AND CAREFULLY.**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Parent Signature (if under 18) \_\_\_\_\_

E-Mail Address: \_\_\_\_\_ Interest in Future Deadlift/Bench Press Meet: \_\_\_\_\_ Yes \_\_\_\_\_ No