



MONSTER BENCH 2010

Saturday, April 10

Weigh-in starts at 9:30am

Meet begins at 11:00am

ClarkSportsCenter



Monster Bench Information

Date: Saturday, April 10, 2010.

Place: The Clark Sports Center (124 County Route 52, Cooperstown, New York, 13326).

Time: Weigh-ins and registration on the day of the competition, April 10, will begin at 9:30am. Competition will begin at approximately 11:00am.

Events

- Returning 225 lbs. Rep-Off!
- Returning Team Event!
- Shirted and Non-shirted classes!

Men's Division

Ages

- 18 and under
- 14–34 years
- 35–49 years
- 50 and over

Weight

- Under 133 lbs.
- 199–220 lbs.
- 133–148 lbs.
- 221–242 lbs.
- 149–165 lbs.
- 243–275 lbs.
- 166–181 lbs.
- Over 275 lbs.
- 182–198 lbs.

Women's Division

Ages

- 14–34 years old
- 50 and over
- 35–49 years old

Weight

- Under 130 lbs.
- Over 161 lbs.
- 131–160 lbs.

Registration Information

Entrance Fee

Individual registration received by Friday, April 9: **\$25**

Individual registration on Saturday, April 10: **\$35**

Entrants who pre-register will receive a commemorative T-shirt. Entrants registering on the day of the competition will receive a T-shirt if available.

Payment Instructions

Make checks payable to The Clark Sports Center. Mail payment and completed registration form to:

The Clark Sports Center
Attn: Health & Fitness
P.O. Box 850
Cooperstown, NY 13326

Contact Us

For more information or questions about the competition, please call Doug McCoy or Rich Jantzi by calling (607) 547-2800.

ClarkSportsCenter



Clark Sports Center Monster Bench 2010 Registration Form

Name: _____

Address: _____

Phone: _____

Age: _____ Gender: _____

Bench shirt: Shirt Non-Shirt Rep-Off: Yes No

T-shirt Size: M L XL XXL Team Event: Yes No

Team Name: _____

Please do not write below this line • Staff use only



The Clark Foundation

P.O. Box 850

Cooperstown, NY 13326