



The Clark Sports Center Presents

# MONSTER BENCH

## Annual Bench Press Competition

Saturday, April 10, 2010 in Cooperstown, New York  
Weigh-ins: 9:30–11:00am • Rules: 11:00am  
Lifting starts: 11:30am

Events: Returning Team Event • Rep-Off with new weight classes  
Men's & Women's divisions • Shirted & non-shirted classes

Download an event registration form from [clarksportscenter.com](http://clarksportscenter.com)!

**ClarkSportsCenter**

For more information, contact competition coordinator Doug McCoy by calling (607) 547-2800.