

## Monster Bench Information

**Date:** Saturday, April 7, 2012.

**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 7, 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.
- 133–148 lbs.
- 149–165 lbs.
- 166–181 lbs.
- 182–198 lbs.
- 199–220 lbs.
- 221–242 lbs.
- 243–275 lbs.
- Over 275 lbs.

## Women's Division

### Ages

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

### Weight

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

## Registration Information

### Entrance Fee

Individual registration received by Friday, April 6: **\$25**

Individual registration on Saturday, April 7: **\$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 2012 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: \_\_\_\_\_

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Please do not write below this line • Staff use only  
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