



Men's Division

Ages

- 12 and under
- 13–17 years
- 18–34 years
- 35–49 years
- 50–65 years
- 66 and over
--Masters

Weight

- Open 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

- 12 and under
- 13–17 years
- 18–34 years
- 35–49 years
- 50 and over

Weight

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

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

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

Time: Weigh-ins and registration on the day of the competition, April 6, 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!

Registration Information

Entrance Fee

Individual registration received by Friday, April 5: **\$25**

Individual registration on Saturday, April 6: **\$50**

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.

Contact Us

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



Monster Bench 2013 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
