



# April 30, 2022



## Monster Bench 2022 Registration Form

### Men's Division

#### Ages

- Pre-Teen                      • 50-59 years
- Teen                             • 60-69 years
- Open                            • 70+ years
- 37-49 years

#### Weight

- Under 132lbs                 • 216-235 lbs.
- 133-148 lbs.                 • 236-265 lbs.
- 149-165 lbs.                 • 266-285 lbs.
- 166-185 lbs.                 • 286-299 lbs.
- 186-215 lbs.                 • Over 300 lbs.

### Women's Division

#### Ages

- Pre-Teen                      • 50-59 years
- Teen                             • 60-69 years
- Open                            • 70+ years
- 37-49 years

#### Weight

- Under 114 lbs.                • 176-198 lbs.
- 115-132 lbs.                 • 199-215 lbs.
- 133-150 lbs.                 • 216-225 lbs.
- 151-175 lbs.                 • Over 226 lbs.

### Payment Instructions

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

**The Clark Sports Center, Attn: Doug McCoy  
P.O. Box 850, Cooperstown, NY 13326**

**Place:** Brewery Ommegang (656 County Highway 33, Cooperstown, NY 13326).

**Time:** Weigh-ins on the day of the competition, April 30, will begin at 9:00am on the covered patio. Competition will begin at approximately 10:30am.

### Events

- 225 lbs. & 95 lb. Rep-Off!
- Shirted and Non-shirted classes
- Team Event with Shirted & Non-shirted classes

### Registration Information

#### Entrance Fee

Individual registration received by Monday, April 25: **\$45 for one class, \$55 for two classes**

Individual registration received April 26-29: **\$55 for one class, \$65 for two classes**

**NO DAY OF REGISTRATION**

### Contact Us

For more information or questions about the competition, please call Doug McCoy or by calling (607) 547-2800, ext. 111.

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 Raw/Shirted (Circle one)    Raw Team    Shirted Team

Team Name: \_\_\_\_\_

\_\_\_\_\_ Please do not write below this line • Staff use only \_\_\_\_\_