

WEIGHTLIFTING

• BENCH PRESS (POWER) • BENCH PRESS (ENDURANCE) •

EVENT DATE: Saturday, April 19 – Wednesday, April 23

ENTRY DEADLINE: Friday, March 21

LOCATION: Lifestyles Family Fitness Centers

4/19-12am Countryside 727-724-0300
4/20-2pm East Bay 727-518-6558
4/21-1pm Palm Harbor 727-784-2052
4/22-11:30am Tyrone 727-347-7701
4/23-9:30am Seminole 727-398-1775



EVENT FEE: \$5.00 for Both Events

Florida State Senior Games Qualifier: **NO**

EVENT DIRECTOR: Bob Simons

PHONE: (727) 365-4296

FORMAT:

1. Participants will compete in age groups and weight lifted to body weight ratio.
2. Power lifting standards and rules will be used

SPORTS RULES:

1. **Bench Press (Power)** This event will test strength in the power bench by one maximum correct lift. Power lifting standards and rules will be adhered to.
3. **Bench Press (Endurance)** Participants will be asked to perform as many lifts as possible in succession. There must be no more than a 15 second straight arm rest period between lifts.
4. Weight in pounds per age group is delineated below:

Age	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90+
Men	135	125	115	95	85	65	45	35	25
Women	65	60	55	45	35	30	25	20	16