



The Falcon Friends Bench Press Competition

The Davenport West Falcon Friends Club "the clique that's about inclusion"



Date: Saturday, November 7th, 2015

Davenport West High School
3505 W. Locust Street Davenport, IA 52804

Weigh-in/Warm-up: 9:30 -10:00 AM

Start: 10:00 AM

Competition: 3 attempts for a 1 rep maximum.

Awards: 1st and 2nd place trophies will be awarded in each of the weight classes and given to the Teen Male/Female and the Adult Male/Female. 3rd place in both will be awarded a certificate.

Classes: 100lbs, 125lbs, 150lbs, 175lbs, 200lbs, 250lbs, 275lbs and above. Divisions: Teen M/F, Adult M/F (If there are less than

5 participants in a weight class, the participants will be moved to the next weight class.)

Rules: This is a RAW (t-shirt only) bench press competition. A brief rules meeting will be held at 9:15 AM. Lifters are allowed wrist wraps and lifting belts.

Entry fee & T-shirt: \$15.00

Proceeds: Benefits the Falcon Friends of Davenport West High School and The ARC of South-east Iowa Bill Reagan Scholarship Fund which supports students intending to major in special education or social work, and individuals with disabilities pursuing post-secondary education.

Questions or more info: Call Davenport West High School 563-386-5500 ext. 320 for Stephanie Reagan Iavarone or e-mail reaganiavarones@davenportschools.org

----- Detach Here -----

Official Entry Form

Name _____

Address _____

Phone # _____

T-shirt Size _____ E-mail address _____

Weight Class _____ Division: (circle) Teenage M F Adult M F Age _____

Signature (Parent signature if under 18 years) _____

I will not hold West High School responsible for any injuries which may occur.

Deadline to turn in forms is October 30th. Mail entry form AND check or cash to: Brandon Garnica, Davenport West High School 3505 W. Locust Street Davenport, IA 52804. Please make checks out to: **Davenport West Falcon Friends.** Only complete entries will be allowed to compete.