

# Bench Press Competition

Men & Women 15 years and Up

**Date: 9-2-17**

**Time: 11:00am**

**Where: Elks Park**

**For more information call 970-675-8211**



Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Birth Date \_\_\_\_\_ Age: \_\_\_\_\_ Sex: M F Start Weight: \_\_\_\_\_

**Waiver: I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims that I have against the Western Rio Blanco Metro. Recreation & Park district, its respective agents or representatives, for any and all injuries that occur during this activity.**

Parent Signature (if participant is a minor) \_\_\_\_\_

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_