



Trussville Rec Bench Press **COMPETITION**

Saturday, June 22, 2024 at 11 am

Male and Female Classes

12 to 14 year old

15 to 17 year old

18 and up will be grouped by weight

**\$35
ENTRY
FEE**

TO SIGN UP: <https://trussville.org/bench-press-competition/>

Who Can Bench The Most

Each participant in their class will have three lifts.

Trophies will be awarded to each class's first place winner.

Classes are subject to change based on the number of competitors.

Rules will be explained at the event.

**Sign-up deadline
June 15, 2024**



Sponsor Your Business

Event sponsors will be listed on the Trussville Park & Rec "bench press competition page" and will have their table at the event to showcase your business to the fans (must bring own table). If you are interested in being a sponsor, please contact event's organizer—Samuel Jones at 205-901-0759.

The sponsor fee is \$190. For more information go to:

<https://trussville.org/bench-press-competition/>

Location of the event:

Trussville Parks & Recreation at
601 Parkway Drive, Trussville, AL

For more information Contact

Zach Manning at **205-508-0779**
or
Samuel Jones at **205-901-0759**