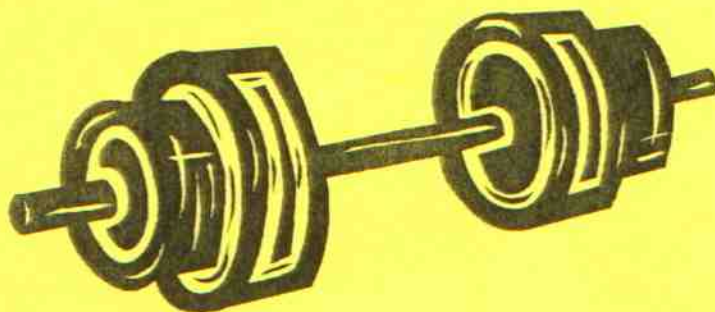


4th ANNUAL



BENCH PRESS CONTEST

Immediately following pre-judging of the
2010 Gold's Classic - Wilmington, NC

June 12, 2010

OPEN TO MEN AND WOMEN

non sanctioned • no bench shirt • touch and go

WEIGHT CLASSES

1st - 3rd Place

MEN
up to 165
166-185
186-205
206-230
231-250
250+

WOMEN
up to 130
131-150
150+

Entry Fee: \$40.00

Gold's Classic Contestant: \$20.00

For more information please contact:

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