



# LAPRAAC/LAPD INTRA-DEPARTMENT BENCH PRESS CONTEST ENTRY FORM (FALL SESSION)



**DATE: THURSDAY, OCTOBER 14, 2010**

**LOCATION: LOS ANGELES POLICE ACADEMY GYMNASIUM (ELYSIAN PARK)**

**TIME: 0900 HOURS**

**AWARDS: INDIVIDUAL & TEAM AWARDS – 1<sup>ST</sup> THROUGH 3<sup>RD</sup> PLACE**

**COST: \$20.00 – PAYABLE TO LAPRAAC**

PLEASE FILL OUT THIS APPLICATION AND **BRING IT WITH YOU** WHEN YOU WEIGH IN. (ADDITIONAL APPLICATIONS WILL BE AVAILABLE AT THE WEIGH IN). YOU MAY WEIGH IN AT ELYSIAN PARK ACADEMY ONLY. THE WEIGH IN CLOSING TIME IS WEDNESDAY **OCTOBER 13<sup>TH</sup> AT 1200 HOURS.**

***NO REGISTRATION OR WEIGH-INS WILL BE TAKEN ON THE DAY OF COMPETITION.***

**PLEASE PRINT LEGIBLY:**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_  
 Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_  
 Home Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
 Division/Area currently working: \_\_\_\_\_ Serial # \_\_\_\_\_  
 Male:  Female:  Age: \_\_\_\_\_ (as of Oct14, 2010)

Weight Classes:

- 123½: ↓123½ lbs
- 132's: ↑ 123½ lbs - ↓132¼ lbs
- 148's: ↑ 132¼ lbs - ↓148¾ lbs
- 165's: ↑ 148¾ lbs - ↓165¼ lbs
- 181's: ↑ 165¼ lbs - ↓181¾ lbs
- 198's: ↑ 181¾ lbs - ↓198¼ lbs
- 220's: ↑ 198¼ lbs - ↓220¼ lbs
- 242's: ↑ 220¼ lbs - ↓242½ lbs
- 275's: ↑242½ lbs - ↓275½ lbs
- ↑275½: ↑275½ lbs

Weight Classes:

- Additional Classes – Female Only*
- 97: ↓97 lbs
  - 105's: ↑97 lbs - ↓105¾ lbs
  - 114's: ↑105¾ lbs - ↓114½ lbs
  - 123's: ↑114 ½ lbs - ↓123¼ lbs
  - 132's: ↑123¼ lbs - ↓132¼ lbs
  - 148's: ↑132¼ lbs - ↓148¾ lbs
  - 165's: ↑148¾ lbs - ↓165¼ lbs
  - 181's: ↑165¼ lbs - ↓181¾ lbs
  - 198's: ↑181¾ lbs - ↓198 ¼lbs

Age Categories (as of competition day)

Men	Women
18-29	18-29
30-39	30-39
40-49	40-49
50-59	50-59
60-69	60-69
70-79	70-79
79+	79+

Weigh In for: Tuesday, Oct 12, 2010 ONLY @ EP Athletic Office 0630 to 2100 hours & Mission Training from 0700 to 700

Wednesday Oct 13, 2010 ONLY @ EP Academy Gym from 0700 to 1200 hours & Mission 0700-1100

***NO WEIGH-INS ON DAY OF COMPETITION, NO EXCEPTIONS***

FOR FURTHER INFORMATION CALL ATHLETIC DEPARTMENT (323) 221-5222 TOM JONES EXT. 219 RANDY YANG EXT. 228

*For Official Use Only*  
Body Weight \_\_\_\_\_

Opening Lift \_\_\_\_\_

Tee Shirt Size \_\_\_\_\_