

E-mail completed entry forms to Bennett180@hotmail.com

First event entered \$100, additional events \$60 each. For example, if you wanted to enter both 3 lift and bench press only, your entry fee would then be \$160. Additional age categories are also an additional \$60, so if for example the above lifter wanted to compete in Masters and Open, their fees are now \$220.

The GPC has a membership fee of \$45, which must be paid with your entry for those lifting under the GPC sanction or both GPC and CPF. If the above lifter wished to lift under the GPC sanction their total fees are now \$265. The CPF does not have a membership fee.

Your Entry Fee table: ***E TRANSFER TO BENNETT180@HOTMAIL.COM***

First event \$100 \$ _____

Additional events \$60ea \$ _____

Additional age class \$60ea \$ _____

GPC Membership fee \$45 \$ _____

Meet T shirt \$30ea \$ _____ How many? What size(s)?

Total Funds: \$ _____

Saturday, May 11th (required weigh in period Friday, May 10 9am-12pm at Venue)

Session #1 **9am SHARP start time!**

Flights A and B- (to be determined)

All equipped lifters supplemented with heavy raw females as needed

Session #2 **starts after first session awards ceremony and half time show**

Flights C and D

All remaining raw female lifters

Sunday, May 12th (required weigh in period Saturday, May 11 9am-12pm @ Venue)

Session #3 **9am SHARP start time!**

Flights E and F

All light weight raw male lifters (cutoff to be determined at a later date)

Session #4 **starts after first session awards ceremony and half time show**

Flights G and H

All heavy weight raw male lifters