

7th Annual FRANK SIRACUSE MEMORIAL BENCH PRESS COMPETITION 2013 - MEN & WOMEN

To be held in conjunction with the NPC Rochester Bodybuilding Championships June 22, 2013

Weigh-ins at 4 PM. Lifting starts at 5 PM

OFFICIAL ENTRY FORM

Awards: Winner in each weight class or division & overall trophy for most repetitions.

Rules: Touch & Go- one attempt per lifter for as many reps as possible. Glutes must remain on bench or you are disqualified. Bench Press your bodyweight rounded down in your weight class. Weight Belts are Permitted. No Bench Shirts or Wrist Wraps.

Example: Someone in the 123 lbs. Class must bench press 120 lbs. for as many repetitions as he or she can.

NAME _____

ADDRESS _____

CITY, STATE & ZIP _____

WEIGHT (anticipated) _____ OCCUPATION _____

PHONE _____

POWER-LIFTING CONTEST AWARDS _____

ATHLETE RELEASE

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors and administrators, and my assignees waive and release all rights and damages I may have against the National Physique Committee of the U.S.A.. Inc., Jim Rockell, The Rockell's Family Fitness Center, Powerhouse Gym, and Rochester Riverside Convention Center, any and all sponsors of the event, their representatives and assignees, for any and all injuries incurred by me in conjunction with the Rochester Bodybuilding Championships, Saturday, June 22, 2013 and in traveling to and from them. And in further consideration of permission being granted to me to participate in these and related events, I hereby grant NPC. and/or any other NPC approved video or entertainment organization and all of their agents, successors, licensees and assignees, the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my voice, appearance and name, and to exhibit, distribute, transmit and / or otherwise exploit any and all media, including without limitation by means of still photography, motion pictures, radio, television, television motion pictures, video printing or any other medium now known or hereafter devised, including also with regard to any merchandising, advertising and/or publicity and the right to use my name and information about me in any connection with any of the foregoing. The rights granted by me hereunder are granted for the entire universe and shall endure in perpetuity and no further compensation shall be payable to me at any time in connection therewith. Nothing contained herein shall be deemed to obligate you, NPC and/or any other NPC approved video or entertainment organization to photograph or otherwise reproduce my voice, appearance or name, or to make use of any of the rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent, I further understand that you, the NPC and/or any other NPC approved video entertainment organization, are video taping and photographing the Event in express reliance upon the foregoing and I represent and agree that am free to grant the rights granted to you, the NPC and/or any other approved video or entertainment organization hereunder.

Signature _____ Date _____

IF THIS RELEASE IS BEING SIGNED BY A PERSON LESS THAN EIGHTEEN (18) YEARS OF AGE. THE FOLLOWING MUST BE COMPLETED:

The undersigned is / are the parent(s) / legal guardian(s) of the above mentioned minor and is entitled to sole care, custody and control of said minor. The undersigned does hereby represent, agree and guarantee that the undersigned consent(s) to execution by the minor of the Release, that the undersigned will not revoke such consent during the minority of the minor, that the under-signed has read the Release and is / are familiar with all the contents thereof, and that the minor shall fully and completely comply with all the terms of the Release.

Signature _____ Date _____
Parent(s) or Legal Guardian(s)

Send Entry Form & Fees (cashiers check or money order) to:

JIM ROCKELL, P.O. BOX 26491, ROCHESTER, NEW YORK 14626

Deadline for entry: June 15, 2013 For more Information: (585) 747-1999

THE WEIGHT CLASSES:

Please check the class you are entering.

Entry Fee: \$25.

Late entry or day of the show \$50.

Weight Classes

Check which you are entering:

- Up to & including 123 lbs. (Bench Press 120)
- 132 lbs. (Bench Press 130)
- 148 lbs. (Bench Press 145)
- 165 lbs. (Bench Press 165)
- 181 lbs. (Bench Press 180)
- 198 lbs. (Bench Press 195)
- 220 lbs. (Bench Press 220)
- 242 lbs. (Bench Press 240)
- 275 lbs. (Bench Press 275)

Note: you will bench whatever weight is closest to your body weight

Check which you are entering:

- MEN'S COMPETITION
- WOMEN'S COMPETITION
- TEEN DIVISION

MASTER'S DIVISION

Check which you are entering:

- MASTERS 40 & over
- MASTERS 50 & over
- MASTERS 60 & over

TEAM YOU REPRESENT:

_____ *trophy to be awarded to team with the most lifters*

Order of Lifting

In each division numbers will be drawn by the contestants to determine the order of lifting.



Jim Rockell, *The Rockell's* FAMILY FITNESS CENTER
& **POWERHOUSE GYM** present the

**7th Annual
Frank Siracuse Bench Press Competition Memorial**

BENCH PRESS CONTEST

Saturday, June 22, 2013

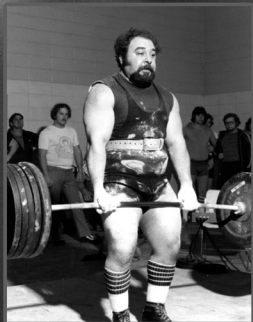
**Weigh-In: 4:00 pm
Lifting Starts: 5:00 pm**
**Rochester Riverside
Convention Center**
123 E. Main St., Rochester NY 14604

For More Information, call
Jim Rockell (585) 663-7220; (585) 747-1999
Powerhouse Gym, 474 Ridge Rd. West, Rochester, NY 14615



Frank Siracuse
Bench Press, Squat and Dead Lift - 1978 Chattanooga Open

Visit the Show's Website at www.jimrockell.com
Download Entry Forms, Competition Notes & Ticket Order Forms



Rules:

1. Touch & Go - Benchpress your Body Weight as many reps as possible.
2. Compete against your weight class
3. You will bench weight closest to your own weight

WEIGHT CLASSES:

| | |
|------------------------------|------------------------------|
| 123 lb. Bench Press 120 lbs. | 132 lb. Bench Press 130 lbs. |
| 148 lb. Bench Press 145 lbs. | 165 lb. Bench Press 165 lbs. |
| 181 lb. Bench Press 180 lbs. | 198 lb. Bench Press 195 lbs. |
| 220 lb. Bench Press 220 lbs. | 242 lb. Bench Press 240 lbs. |
| 275 lb. Bench Press 275 lbs. | |



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