



**KENTUCKYMUSCLE STRENGTH & FITNESS
EXTRAVAGANZA
Presents
SLP KENTUCKY STATE
BENCH PRESS/DEADLIFT/CURL CHAMPIONSHIPS
NOVEMBER 3, 2012**

DR. DARRELL LATCH, SON LIGHT POWER & KENTUCKY MUSCLE presents the:

KENTUCKY INTERNATIONAL CONVENTION CENTER
221 FOURTH STREET
LOUISVILLE, KENTUCKY
502-387-3808/217-253-5429

*host hotel: The Galt House/502-589-5200 Group Name: KentuckyMuscle

WEIGH-INS: Saturday, November 3: 10:00 am. - 11:00 am.

COMPETITION: Saturday, November 3: 12:00 noon

AWARDS: Large, beautiful 1st.-5th. place trophies awarded in each weight class.

WEIGHT CLASSES: 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW.

DIVISIONS: novice, open, teenage (13-15, 16-17, 18-19), junior (19-23), submaster (35-39),
master (40+ every 5 yrs), police & fire (all divisions for both men & women)

RULES: All standard rules apply. You may enter either the bench press or the deadlift or
the curl competition, two or all three events. Each is a separate competition with
separate entry fees and separate awards.

SANCTION: Sanctioned by SON LIGHT POWER. All lifters are eligible to set state records.
There is no charge for SON LIGHT POWER membership cards.

ENTRY FEE: \$60.00 PER ENTRY

*2-Man, 2-woman, Man-Women Deadlift event held in conjunction with deadlift competition

NO LATE CHARGES. YOU MAY ENTER THE DAY OF COMPETITION FOR \$60.00 ENTRY FEE.

Official Entry Form:

name _____ address _____

weight class _____ division _____ age _____

e-mail _____

I agree to hold harmless Son Light Power, Kentucky Muscle & Kentucky International Convention Center, the promoters and sponsors for any injury I may sustain from this competition.

signature

parent if under 18

Event Information call: 217-253-5429 (website) www.sonlightpower.com (e-mail) sonlightgym@frontier.com