

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

SLP KENTUCKY STATE
BENCH PRESS/DEADLIFT/CURL
CHAMPIONSHIPS

NOVEMBER 14, 2009

KENTUCKY MUSCLE CAR & MUSCLE
EXTRAVAGANZA

KENTUCKY INTERNATIONAL CONVENTION CENTER

221 FOURTH STREET

LOUISVILLE, KENTUCKY

502-387-3808/217-253-5429

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

WEIGH-INS: Saturday, November 14: 11:00 am. - 12:00
noon

COMPETITION: Saturday, November 14: 1:00 pm.

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: \$55.00 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 \$55.00 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 Covention Center, the promoters and sponsors for any injury I may sustain from this competition.

signature

parent if under 18

for information call: 217-253-5429

send entry form & entry fee to: Son Light Power Gym, 122 West Sale Street,
Tuscola, Illinois 61953

(website) www.sonlightpower.com

(e-mail) sonlightgym@verizon.net