

# RAW MONSTER

## PUSH/PULL BENCH PRESS/DEADLIFT COMPETITION

**10 MARCH**  
**0900 - MURPHY FIELD HOUSE**



***Pre-Registration ends on 8 March 2018***  
***Maximum of thirty participants!***

**\$15. - Deadlift**  
**\$15. - Bench Press**  
**\$25. - Both Lifts**

***Early Weigh-In: 9 March - 1600 to 1800***  
***Weigh-in: 10 March - 0730 to 0830***

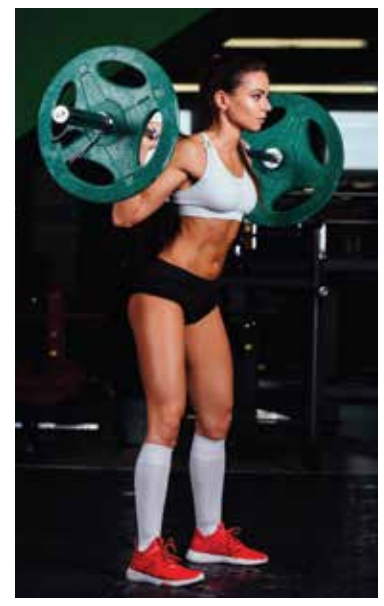
Participants must show a valid Active Duty, Retiree, Reserve, DoD Civilian, or Family Member ID card.  
Participants must be ages eighteen or older and may choose to participate in one or more events.  
Additional details available on the back of this flier or at fitness centers.

***Call 301-677-2349 for details.***



[www.meade.armymwr.com](http://www.meade.armymwr.com)





# PUSH - PULL BENCH PRESS & DEADLIFT

## Equipment

This is a RAW event. Lifters may lift in any attire so long as it is non-supportive. No bench press shirts, squat/deadlift suits, supportive briefs, knee wraps, elbow sleeves or wraps of any design, or any equipment meant or used to approximate the function of the equipment listed above.

1. Gloves and wrist (lifting) STRAPS are not permitted.
2. Wrist wraps of any length and construction may be worn. Knee and elbow sleeves (not wraps) of any construction may be worn. Belts of any width, thickness, or construction may be worn.
3. Closed toe shoes are required for deadlift. Knee-high socks are recommended for the deadlift.
4. No substance may be applied to the bar. (lifters may apply chalk/talcum powder before approaching the platform)

## Competition

1. Lifters will be divided into groups, or "flights," of up to 15 lifters each at the discretion of the event staff.
2. Each lifter from the first flight will receive three attempts each for the bench press and deadlift, which may count toward their score.
3. Each flight of lifters will warm up, take the first attempt in the deadlift from least to most weight, take the second attempt from least to most weight, and then take the third attempt from least to most weight. Once all lift attempts are completed by the first flight, the second flight of attempts will be completed.
4. Each flight takes all three rounds of attempts before the next flight begins their attempts.
5. All Bench press lift attempts will be completed before deadlift attempts begin.
6. Lifters are scored on the sum of their highest successful lifts attempted. Placing will be determined (1) within gender and weight class, and (2) overall, by gender.

The following weight classes will be contested:

### MALE WEIGHT CLASSES

150 lb. weight class: up to 150 lbs.    200 lb. weight class: 175.1-200 lbs.  
 175 lb. weight class: 150.1-175 lbs.    225 lb. weight class: 200.1-225 lbs.  
 Heavyweight class: 225.1 lbs. or higher

### FEMALE WEIGHT CLASSES

125 lb. weight class: up to 125 lbs.    175 lb. weight class: 150.1-175 lbs.  
 150 lb. weight class: 125.1-150 lbs.    Heavyweight class: 175.1 lbs. or higher

7. Weigh-ins will be carried out prior to the competition. The lifter must weigh in during the designated time before the start of the competition. Once the competition has started, no more lifters will be weighed in. Weigh-in times are listed on the front of this flier.
8. Placing in each weight class will be determined by the best successful bench press/deadlift attempt. Overall placing will be determined by ranking lifters by their best successful attempt divided by their actual bodyweight as recorded at weigh-in. Awards will be given for the first, second, and third place finishers in each weight class for their combined bench and deadlift totals. Award for best bench (male/female) and best deadlift (male/female) as well as overall male and female lifter awards will also be given; combined lifts only.
9. Lifters who do not complete any successful lifting attempts will not be eligible for placing in the competition.
10. Lifters who do not weigh-in for any reason, will not be eligible for any awards but may participate in the competition if they follow all other rules.

Contact Fitness Coordinator; 301-677-2349  
for more information.

Contact Fitness Coordinator for a full list of rules of  
performance for execution of the bench press and  
deadlift; as well as, causes for disqualification.

