

2008 APF SCOT MENDELSON BENCH PRESS CLASSIC

&

WPO CHAMPIONSHIPS

FEBRUARY 16th & 17th, 2008



- SPONSORED BY:** **Scot Mendelson – APF California State Chairman**
- EVENT LOCATION:** **The Los Angeles FIT EXPO www.thefitexpo.com**
- HOST HOTEL:** **Holiday Inn LA City Center (888)336-3745**
1020 S Figueroa St, Los Angeles, CA 90015 www.hicitycenter.com
Mention: **“TheFitExpo”** to receive promotional rate of **\$140 for singles and doubles**. This special room rate expires January 11th, 2008 after which time rooms will be available (if not sold out) at the prevailing higher rates.
- ELIGIBILITY:** Open to Bench Classic and WPO invited athletes only.
Qualifying Total Required for invite.
- WEIGH-IN:** **The Los Angeles FIT EXPO**
24 hour weigh in rule will apply.
FRIDAY 1PM-5PM, SAT 4PM-6PM, SUN 8AM-9:30AM
- COMPETITION:** Mandatory rules briefing Saturday, Sunday at TBD on time
- LIFTING SCHEDULE:** **SCOT MENDELSON BENCH PRESS**
SATURDAY 1PM CLASSIC FEB 16th
WPO CHAMPIONSHIPS FEB 17th
SUNDAY 10AM
- UNIFORM:** Mandatory - Must have one piece lifting suit or wrestling suit.
APF/WPO rules apply.
- CONTEST LIFTS:** Squat - Bench Press – Deadlift and Bench Press Only
- ENTRY FEE:** A fee of \$100 must accompany this entry form and be received no later than FEBRUARY 1st, 2008. \$30.00 late fee for any entries allowed in after the deadline.
- AWARDS:** \$\$\$\$

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Entry Form



Competitor:

Last Name First Name MI
Address _____
City _____ State _____ Zip Code _____
Home Phone _____ Work Phone _____ Age _____
e-mail _____ Date of Birth _____

Division Entered: Open LTW- MIDDLE WT- SHW

Class Entered Men: 198lbs- 259lbs- SHW FOR BENCH CLASSIC
Class Entered : LTW-MWT-HVY WT-SHW

Fees & Payment:

Late fee after 2/1/08 \$30 \$ _____

Entry fee Powerlifting \$125 \$ _____

Entry Fee Bench \$100 \$ _____

APF# _____ Exp. Date _____

TOTAL DUE \$ _____

Waiver:

In consideration of the acceptance of this entry, I hereby for myself, my heirs, executors, and administrators waive and release any and all rights and claims for damages I may have against the APF, WPO M. Kieran Kidder, Huge Iron Production, THE FIT EXPO, LOS ANGELES CONVENTION CENTER, SCOT MENDELSON, FIT INC. their representatives, successors, and assigns for any and all injuries or bodily harm that I might suffer while competing at the 2008 Bench Press Classic and WPO Championships, February 16th-17th 2008.

Signature

Return Entry Form to: Make checks payable to:
SCOT MENDELSON
13752 Ventura Blvd Sherman Oaks, CA 91423
818-817-3643