

# Power lifting

**DATE:** Sat 3rd Oct

**VENUE(S):** Eastside Gym,  
496 St Asaph St

**AGE:** As at 30 September 2009  
30+ Men & Women

**TIME:** Weigh in 10am, start 12pm

**SPORTS FEE:** Bench press  
only \$10, Both Bench and  
Deadlift \$15

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Please send this completed sports coupon with the Completed Registration Form.



Gender	<input type="checkbox"/> Male	<input type="checkbox"/> Female					
Age Groups	<input type="checkbox"/> 30+	<input type="checkbox"/> 35+	<input type="checkbox"/> 40+	<input type="checkbox"/> 45+	<input type="checkbox"/> 50+	<input type="checkbox"/> 55+	<input type="checkbox"/> 60+
	<input type="checkbox"/> 65+	<input type="checkbox"/> 70+	<input type="checkbox"/> 75+	<input type="checkbox"/> 80+			
	<input type="checkbox"/> Men's deadlift				<input type="checkbox"/> Women's deadlift		
	<input type="checkbox"/> Men's bench press				<input type="checkbox"/> Women's bench press		

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