



Berwick Area YMCA

Bench Press/Squat Competition

Where: 231 West Third St. Berwick, PA 18603

When: Saturday, April 12th 2025

- Weigh in begins at 8:00am - Bench Competition begins at 10:00am
- Squat Competition begins at 1:00 pm

Entry fee: Registrations by March 21st are guaranteed a T-shirt

Pre-registration for - 1 lift

- Members: \$25
- Non-members: \$35

Day of registration - 1 lift

- Members: \$30
- Non-members: \$40

Pre-registration for - 2 lifts

- Members: \$35
- Non-members: \$45

Day of registration - 2 lifts

- Members: \$40
- Non-members: \$50

Scores **will** be calculated using the DOTS Powerlifting Calculator

Age groups:

- Teen: 16-19
- Open: 20-39
- Masters: 40-59
- Grand Masters: 60+



BERWICK YMCA BENCH PRESS/SQUAT COMPETITION

Name: _____

Age: _____

Gender: _____

Address: _____

City: _____ State: _____ Zip _____

Phone: _____

E-mail: _____

Are you participating in: (Circle one)

Bench

Squat

Bench and Squat

T-Shirt size: S M L XL XXL XXXL