

BODYBUILDING.COM PRESENTS MHP'S

# KINGS OF THE BENCH 5 CLASH OF THE TITANS IV

PRO POWERLIFTING AT THE

**RONNIE COLEMAN CLASSIC EXPO** SAT. APRIL 2ND, 2011

**HOTEL:** THE HAMPTON INN (FOR RESERVATIONS CALL 1.972.329.3100, MENTION RONNIE COLEMAN CLASSIC FOR REDUCED ROOM RATE)

**TWO BENCHPRESS WEIGHT DIVISIONS:** 175.9 POUNDS & UNDER AND 176 POUNDS & OVER (RECORDS CAN BE SET IN THE 175, 225, 250, 275 AND 276+ WEIGHT DIVISIONS)

**ONE UNLIMITED DEADLIFT WEIGHT DIVISION** (RECORDS CAN BE SET IN THE 175, 225, 250, 275 AND 276+ WEIGHT DIVISIONS)

**THIS PROFESSIONAL POWERLIFTING COMPETITION IS OPEN TO ALL MEN AND WOMEN 18 YEARS OF AGE OR OLDER (NO SPECIFIC AGE OR GENDER DIVISIONS.)**

**LIMITED TO 20 COMPETITORS PER WEIGHT DIVISION PER CONTEST (UP TO 60 TOTAL LIFTERS).**

**EACH COMPETITOR WILL BE PROVIDED WITH AN OFFICIAL COMPETITION SHIRT, SHORTS AND SOCKS (AT NO ADDITIONAL CHARGE TO THE LIFTER.)**

**TROPHIES AWARDED TO THE TOP 3 LIGHTWEIGHT BENCHERS (175 & UNDER), TO THE TOP 3 HEAVYWEIGHT BENCHERS (176 & OVER), TO THE TOP 3 DEADLIFTERS (SUPER OPEN DIVISION) AND TO THE OVERALL CHAMPION (BIGGEST PUSH/PULL TOTAL)**

**SAME DAY WEIGH-INS FOR BOTH COMPETITIONS (EARLY MORNING WEIGH-INS.)**

**BENCHPRESS SHIRTS AND POWERLIFTING SUITS ARE NOT ALLOWED.**

**OIL AND WATER ON THE LEGS IS NOT ALLOWED.**

**WRIST WRAPS, KNEE WRAPS, POWERLIFTING BELTS, CHALK AND TALC POWDER ARE ALLOWED**

**THIS COMPETITION WILL NOT BE DRUG TESTED.**

**ONE FLAT RATE ENTRY FEE OF \$150 (REGARDLESS OF WHETHER YOU SIGN UP FOR THE BENCHPRESS, THE DEADLIFT, THE DEADLIFT-FOR-REPS, BENCH-FOR-REPS OR ANY COMBINATION OF THE FOUR.)**

**TO ENTER PLEASE CONTACT: SEAN KATTERLE, [WWW.HARDCOREPOWERLIFTING.COM](http://WWW.HARDCOREPOWERLIFTING.COM), 1.503.221.2238 (LEAVE A VOICEMAIL), [SEANZILLA@HARDCOREPOWERLIFTING.COM](mailto:SEANZILLA@HARDCOREPOWERLIFTING.COM), 1957 WEST BURNSIDE # 1655, PORTLAND, OR 97209**

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