

# **Second Annual Bob Bradshaw Memorial Push/Pull Meet**

## **Sponsored by Patriot Labs**

**Date: March 14, 2020**

**Location: M.R. Stax, E. 3<sup>rd</sup> St., Lewistown, PA 17044**

**Contact: Karrie Macknair (717) 348-3140 or  
[karriemacknair@gmail.com](mailto:karriemacknair@gmail.com)  
Marcella Pupo**

**Weigh Ins: Friday, March 13<sup>th</sup> from 5-8PM or Saturday, March 14<sup>th</sup> from 8-8:30AM at M.R. Stax**

**Lifters meeting at 9AM Saturday. Lifting Begins at 10AM.**

**Registration Fees: \$40 Push/Pull, \$25 Bench or Deadlift Only, \$10 Bench your bodyweight**

**Registrations received by February 14<sup>th</sup>, 2020 receive a free meet shirt!**

**Registrations received after February 14<sup>th</sup> will not receive a shirt, but you will be able to buy one at the meet.**

**Trophies will be presented to winners by 3WL "Travis Ritter"**

**This is an unsanctioned/ charity event. All proceeds will be donated to the American Heart Association in memory of Bob.**

**\$5 spectator donation will also benefit AHA**

**Full Name:** \_\_\_\_\_  
\_\_\_\_\_

**Age:**

**Date of Birth:** \_\_\_\_\_

**Sex:** \_\_\_\_\_

**Parent or Guardian must sign for you to lift if you are under 18.**

**Parent or Guardian signature:** \_\_\_\_\_

**Registration Fee: \$40 Push/Pull, \$25 Bench or Deadlift Only, \$10 bench your  
bodyweight**

**Events:**      **Push/Pull**      ☐ **Bench Only**      ☐ **Deadlift Only**      ☐ **Bench Body**  
**Wt.**

**Weight Class:** \_\_\_\_\_

**Weight Classes: Men 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW**  
**Women 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, SHW**

**Shirt Size:** \_\_\_\_\_

**There are no refunds, no exceptions.**