2017 Wharton Olympics – Bench Press

4:30pm – Fox Fitness Center

Shirts and shoes required. Once inside, follow signage and go up stairs behind the front desk. STANDING ON ANY BENCHES OR EQUIPMENT IS PROHIBITED.

Rules:
• 6 competitors per cluster (3 men & 3 women). Women will have one competitor at each weight (65, 75, & 85 pounds), and Men will have one competitor at each weight (185, 205, & 225 pounds)
• The winner is the person with the most repetitions in each weight class (6 total winners)
• Repetitions will count if, and only if the bar touches the chest and the arms lock out with full extension. This will be considered a full rep.

Schedule:
Athletes warm-up and lift when ready in the following order:
Women’s 65lb (2,3,4,1)
Women’s 75lb (1,2,3,4)
Women’s 85lb (4,1,2,3)
Men’s 185lb (3,4,1,2)
Men’s 205lb (2,3,4,1)
Men’s 225lb (1,2,3,4)

Poor sportsmanship, yelling at officials, or mistreatment of equipment may be grounds for disqualification and/or dismissal from the event.