

NAS OCEANA • FITNESS & SPORTS

BENCH PRESS & ENDURANCE COMPETITION

FREE!

FLIGHTLINE
FITNESS CENTER
GYM

THURSDAY, MAY 16



BENCH PRESS ONE REP MAX

MEN
UP TO 150 LBS,
151 - 170 LBS,
171 - 190 LBS,
191 - 210 LBS AND
211 & OVER

WOMEN
OPEN

MUSCULAR ENDURANCE

MEN
How many times
can you lift your
own body weight?

WOMEN
How many times
can you lift half of
your body weight?

**WEIGH-IN & WARM UP AT 10 A.M.
BRIEFING AT 11 A.M.
COMPETITION TO IMMEDIATELY FOLLOW.
PREREGISTRATION TAKEN UP UNTIL
TUESDAY, MAY 14.
SAME DAY REGISTRATION BEGINS AT 10 A.M.**

OPEN TO ACTIVE DUTY, RETIREE,
RESERVISTS, ELIGIBLE FAMILY MEM-
BERS AND DOD CIVILIANS.

TROPHIES WILL BE AWARDED TO THE
TOP PERFORMERS IN EACH CLASS.

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Male Female

Name _____ (Circle one) Active Duty - Reservist - Retiree - Eligible Family Member - DoD Civilian

Rank/Rate _____ Weight _____ Phone# _____

Duty Station (if applicable) _____

PLEASE RETURN ENTRIES TO NAS OCEANA FLIGHTLINE FITNESS CENTER GYMNASIUM.

In consideration of the acceptance of this entry, I the below signed, intending to be legally bound for myself, heirs, executors and administrators, waive and release all rights and claims for damages and personal injury that I may have against MWR NAS Oceana and any persons and all sponsors, organizers and their representatives, successors and assign for any and all injuries suffered by me traveling to, performing in and traveling from said event. I verify that I am physically fit and have sufficiently trained for the completion of this event. I grant permission to use photographs, video recordings or any record of this event for legitimate purposes. My condition has been verified by a licensed medical doctor.

Signature _____ Date _____

(You must sign in order to be accepted into this event.)

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