

REGISTRATION:
Monday, June 15-Tuesday, July 14
Register with DOD ID at WAAF PFC front desk for free.



SUMMER BENCH PRESS CHALLENGE

Open to all DOD ID Cardholders
18 years & older

WEDNESDAY, JULY 15
12-6 P.M. • FREE
WHEELER ARMY AIRFIELD PHYSICAL
FITNESS CENTER

WEIGHT CLASSES:

WOMEN'S:

100 LBS & UNDER,
101 LBS - 120 LBS,
121 LBS - 145 LBS,
146 LBS - 165 LBS,
166 LBS - 185 LBS
186 LBS & UP

MEN'S:

140 LBS & UNDER,
141 LBS - 160 LBS,
161 LBS - 185 LBS,
186 LBS - 205 LBS,
206 LBS - 225 LBS
226 LBS & UP

COMPETITION RULES:

Unlimited attempts, but only ONE entry may be recorded.
A staff member must observe each attempt. Spotter required
for every attempt, either an acquaintance or WAAF PFC staff member.

AWARDS:

The 1st place winner in each weight class receives an exclusive
T-shirt and will have their name displayed at the Wheeler PFC!

For more information, call (808) 787-1317
1107 Santos Dumont Ave., Bldg. 102 • Wheeler Army Airfield



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