



SEDGWICK COUNTY, KANSAS

**SHERIFF'S OFFICE
GARY STEED
Sheriff**

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MEDIA RELEASE

FOR IMMEDIATE RELEASE

DATE: MAY 5, 2004
AGENCY: SEDGWICK COUNTY SHERIFF'S OFFICE
LOCATION: 525 N. MAIN, WICHITA KANSAS 67203
TELEPHONE: (316) 383-7184
CONTACT: DEPUTY KELVIN HICKS OR SGT. GARY FARTHING

THE SEDGWICK COUNTY SHERIFF'S OFFICE HOSTS 3RD ANNUAL HIGH SCHOOL POWER-LIFTING CONTEST

THE SEDGWICK COUNTY SHERIFF'S OFFICE WILL HOST A COUNTYWIDE HIGH SCHOOL POWER LIFT COMPETITION FOR HIGH SCHOOL STUDENTS. THE EVENT WILL TAKE PLACE SATURDAY, MAY 8TH, BEGINNING AT 10:00 A.M., AT THE CENTRAL YMCA LOCATED AT 402 N. MARKET.

THE POWER LIFTING COMPETITION IS A POSITIVE ALTERNATIVE TO DRUGS AND VIOLENCE. IT ALSO IS ANOTHER WAY FOR YOUTH AND LAW ENFORCEMENT TO INTERACT. BOYS AND GIRLS WILL BOTH BE COMPETING IN BENCH PRESS, SQUAT AND DEAD LIFT WITH FIVE WEIGHT CLASSES, LIGHTWEIGHT, 146-160, 161-175, 175-190, AND HEAVYWEIGHT. MEDALS WILL BE AWARDED FOR 1ST, 2ND AND 3RD PLACE FOR EACH EVENT. A TROPHY WILL BE AWARDED TO THE OVERALL WINNER IN BOTH THE BOYS AND GIRLS COMPETITION. EVERY PARTICIPANT WILL RECEIVE AN EVENT T-SHIRT.

NEWS MEDIA IS ENCOURAGED TO ATTEND.

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