

2018 Spartan Spring Powerlifting Competition

DATE: SATURDAY, MAY 5th 2018

LOCATION:

SPARTAN ATHLETICS
725 NW COMMERCE DR
LEE'S SUMMIT, MO 64086

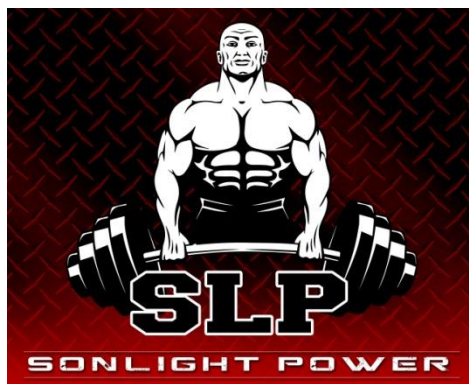
TIME: 9:00 AM

RULES BRIEFING: 8:30AM

WEIGH INS: FRI. 5:00 pm - 6:30 pm

SAT. 7:00 am - 8:30am

MEET STARTS 9:00AM



(BE PREPARED!!!)

UNIFORM: SINGLET REQUIRED

(Deadlift socks required for Deadlift)

NO LOOSE OR BAGGY

CLOTHES. IF YOU ARE OUT OF

UNIFORM YOU WILL NOT LIFT!!

*****All bench shirts are allowed in the equipped division. RAW means no bench shirts or suits *****

MEET DIRECTOR:

RICH MCDOWELL

SANCTION: SLP

ELIGIBILITY: Open to any athlete 13 years or older

ENTRY FEES: SINGLE EVENT \$75.00 PUSH/PULL \$90.00 FULL POWER \$105.00

SPECTATOR FEE: ADULTS \$5.00 12 and under FREE at the door.

SEND ENTRY FORM & MAKE MONEY ORDER PAYABLE TO **Rich McDowell**

123 Mocking bird Rd.

Lake Ozark, MO 65049

TELEPHONE (573) 692-0096 Preferred contact is email first - benchbro@gmail.com

(Checks must clear before the event)

DETACH HERE

****** LATE ENTRIES AFTER April 21st CASH ONLY!!! ******

***** CHECK YOUR EVENT & DIVISION(S) *****

\$40 FOR EACH ADDITIONAL CROSSOVER DIVISION

RAW ___ GEAR ___ ** FULL POWER ___ PUSH/PULL ___ SQUAT ___ BENCH ___ DEADLIFT ___

TEEN ___ JR 20 - 23 ___ OPEN ___ SUB MASTER 35 - 39 ___ MASTER ___

WEIGHT CLASS

97 ___ 105 ___ 114 ___ 123 ___ 132 ___ 148 ___ 165 ___ 181 ___ 198 ___ 220 ___ 242 ___ 275 ___ 308 ___ SHW ___

****** LATE ENTRIES AFTER April 21st CASH ONLY NO EXCEPTION!! ******

I know that participation in a powerlifting Competition is potentially hazardous. I should not enter unless I am able and properly trained. I understand and agree that neither Rich McDowell, the SLP, Spartan Athletic, nor its employees or officers may be held liable for any occurrence in connection with this competition which could result in injury, death, or damages to me. In consideration of being allowed to compete in this event, I hereby assume all risks in connection with this event "Spartan Spring Powerlifting Competition" and release Rich McDowell, the SLP, Spartan Athletics, its Weightlifting Club operators and all other employees or officers or persons in any way connected with this event or with the SLP, for any injury or damage which may befall me while I am engaged in this event, including all risk connected therewith, whether foreseen or unforeseen; and I do further agree to save and hold harmless the SonLight Powerlifting LLC Federation and all the above-mentioned from any claim by, or by my heirs, executors, administrators, personal representatives and assigns arising out of my participation in this event. By signing, I understand and agree with all that is written above.

NAME: _____ DATE OF BIRTH: _____ AGE _____ SEX: _____

MAILING ADDRESS: _____ CITY: _____ STATE: _____

ZIP CODE: _____ PHONE: _____

(ALL ENTRIES MUST BE COMPLETED TO ENTER) SIGNATURE _____

Lifter (PARENT OR GUARDIAN IF UNDER 18)

EMAIL _____

This is how we will inform you of changes in this contest. NO SPAM we promise!

benchbro@gmail.com (573)-692-0096 - contact: RICH MCDOWELL