## 1st Annual Darrell Latch Memorial Powerlifting Competition

(BE PREPARED!!!)

shirts or suits \*\*\*\*\*\*\*

MEET DIRECTOR:

RICH MCDOWELL

**NO LOOSE OR BAGGY** 

**UNIFORM: SINGLET REQUIRED** 

(Deadlift socks required for Deadlift)

CLOTHES. IF YOU ARE OUT OF

UNIFORM YOU WILL NOT LIFT!!

\*\*\*\*\*\*All bench shirts are allowed in the

equipped division. RAW means no bench

**DATE: SATURDAY AUG 12st 2017** 

LOCATION:

FREEDOM CHURCH

1036 Stonecrest dr.

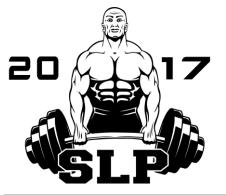
Osage Beach, MO 65065

**TIME:** 9:30 AM

**RULES BRIEFING: 9:00AM** 

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

SAT. 8:00 am - 9:00am <u>MEET ST</u>ARTS 9:30AM



## SONLIGHT POWER

**SANCTION: SLP** 

**ELIGIBILITY:** Open to any athlete 13 years or older

ENTRY FEES: SINGLE EVENT \$75.00 PUSH/PULL \$90.00 FULL POWER \$105

SPECTATOR FEE: ADULTS \$5.00 12 and under FREE at the door.
T-SHIRT INCLUDED IN ENTRY FEE IF PRE-REGISTERED BY JULY 29TH

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 –sonlightpowerlifting@gmail.com

( Checks must clear before the event)

DETACH HERE

## \*\*\*\* LATE ENTRIES AFTER JULY 29TH 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*					
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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, Freedom Church, 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 "1st Annual Darrell Latch Memorial Powerlifting Competition" and release Rich McDowell, the SLP, Freedom Church, 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 BIR	ГН: AGE S	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!	SHIRT SIZE (UNISEX):	_