SLP C4 Classic Powerlifting Competition

DATE: SATURDAY OCT 21st 2017

LOCATION:

BLUE SPRINGS FITNESS

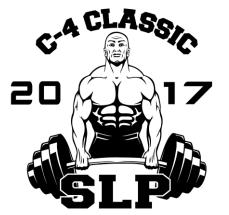
1300 N 7 HWY

BLUE SPRINGS, MO 64014

TIME: 9:00 AM

RULES BRIEFING: 8:30AM

WEIGH INS: FRI. 9:00 am - 11:00 am & 5:00 pm - 6:30 pm SAT. 7:00 am - 8:30am MEET STARTS 9:00AM



SONLIGHT POWER

SANCTION: SLP

(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

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. **T-SHIRT INCLUDED IN ENTRY FEE IF PRE-REGISTERED BY OCT 7TH**

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 OCT 7TH CASH ONLY!!! ****

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

\$40 FOR EACH ADDITIONAL CROSSOVER DIVISION

RAV	V (GEAR _	**	FULL P	OWER_	PU	SH/PU	LL	SQUAT	Γ B	ENCH _	DE	EADLIFT .	
	TEI	EN	_ JR 20	0 - 23	OP	EN	_ SUI	B MAST	ER 35 -	. 39	MA	STER _		
						WEI	GHT CL	ASS						
97	_ 105	114	123	132	148	_ 165	181	_ 198	220	_ 242	275	308	_SHW	_

**** LATE ENTRIES AFTER OCT 7th 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, Blue Springs Fitness, 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 "C4 Classic Powerlifting Competition" and release Rich McDowell, the SLP, Blue Springs Fitness, 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 BIRT	'H: AGE	SEX:
MAILING ADDRESS:		CITY <u>:</u>	STATE:
ZIP CODE: PHONE:			
(ALL ENTRIES MUST BE COMPLETED TO ENTER) SIGNA	ATURE		
	Lifter	(PARENT OR GUARDIAN IF UND	ER 18)
EMAIL	_		
This is how we will inform you of changes in this contest. NO SP.	AM we promise!	SHIRT SIZE (UNISEX):	