



Hercules Gym presents

2018 BEASTS OF NEW YORK

6361 Thompson Rd * Syracuse, NY 13206

Saturday, November 17, 2018

Lifting starts at 9am

DIRECTOR: Rheta West - 315-440-9627 – rheta@rhetawest.com

ENTRY FEE PER LIFTER: \$85 Full power, \$75 Iron Man (bench and squat or deadlift), \$55 single lift, \$25 crossovers (lifting in additional divisions)

** Includes free meet Tshirt

Entry DEADLINE: November 10, 2018 50 LIFTER LIMIT!!

Entries received after this date will be charged an additional \$15 and are not guaranteed a t-shirt

Age Divisions: Youth (through 10), Teen (11-19), Open, Sub-Master(33-39), Master(40 and up every 5 years),

Weight Classes: MEN: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW

WOMEN: 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, SHW

Events: Full Power, Iron Man and any single lift

Divisions: Equipped and Raw (can use knee wraps or knee sleeves)

**Equipped is multi or single ply

**Lifts that are ranked on powerlifting watch, raw will be separated raw with no knee wraps and raw with wraps. But for the purpose of this meet, they are both considered "Raw"

Classes: Amateur (possible drug test) and Pro (non-drug tested)

RULES CLINIC: 8:15 AM

**ALL LIFTERS MUST BE PRESENT FOR RULES CLINIC .

For rules, regulations and equipment specifications, visit the Hercules Gym website at www.herculesgym.net and click on the "Meets" button on the left

Lift Commands: Squat and Rack; Bench, Press and Rack.

One-piece lifting suit (singlet) must be worn.

Weigh Ins: Friday Nov 16, 9am – 12pm, 5pm – 7pm at Hercules Gym

Saturday by appointment only. MUST contact meet director ahead of time!!

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Events: Full Power Iron Man with Squat Iron Man with Deadlift Squat Only
 Bench Only Deadlift Only

Division: Equipped Raw Raw with Wraps

Age Division: Youth Teen Open Sub Master Masters

Class: Amateur Professional

Weight Class: _____ Female Male

Name: _____

Age: _____ Date of Birth: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Phone: _____

Tshirt Size: Small Medium Large X Large XX Large XXX Large

Only if mailing your payment in:

Payment Choice: Money Order Check Credit Card Amt Enclosed: _____

Card Number: _____ Amt: _____

Expiration Date: _____ CVV Code: _____ Billing Zip Code: _____

Authorization Signature: _____

RELEASE FROM LIABILITY On behalf of myself, my heirs, executors, administrators, and assigns, I hereby irrevocably waive, release and fully discharge Hercules Gym, their respective officers, directors, employees, agents, and shareholders, of and from any and all rights, claims, demands, lawsuits, and causes of action due to or arising from any accident, injury, damage or loss directly, indirectly or in any way associated with my participation in powerlifting competition sponsored by Hercules Gym. I also relinquish any rights to imagery taken of myself during said event for the promotional use by the promoter and federation.

I represent that I know of no medical reason or condition that would impair my ability to participate in this event, and I hereby assume any and all risk of accidental, medical injury or consequential damages resulting from my participation. I acknowledge, understand and accept the inherent risks of powerlifting.

By signing the release from liability, I irrevocably waive all rights, claims, demands, lawsuits and causes of action against everyone connected with this contest with regard to the result of any drug test. I have read the above release, understand its meaning and consequences, and intend to be legally bound by its terms and have signed this release freely and voluntarily.

Signature in full of applicant Date

Signature in full of parent or guardian if applicant is under 18 Date