



Full Power - Iron Man

Any Single Lift

Saturday, Feb 2, 2019

Hercules Gym

6361 Thompson Rd * Syracuse, NY 13206
Saturday, Feb 2, 2018
Lifting starts at 9am

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

ENTRY FEE PER LIFTER: \$85 Full power, \$75 Iron Man, \$55 single lift, \$15 crossovers (lifting in additional divisions)

** Includes free meet Tshirt

ENTRY DEADLINE: Jan 25, 2019

50 LIFTER LIMIT!!

Additional spots filled with single lifts and Iron Mans.

Entries received after this date are not guaranteed a t-shirt.

This is a HERC sanctioned powerlifting meet. Plates are calibrated. HERC is an official powerlifting sanctioning body. Records and rankings can be found on the website at www.hercpowerlifting.com

Meet Age Divisions: Youth, Teen, Open, Sub Master(33-39), Master(40+) ... (records are recorded at each level of age division)

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, SHW

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

****Equipped means multi or single ply, but they are separated on powerlifting watch for rankings**

****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"**

Awards: Weight classes will be grouped as follows:

Youth, Teen, Open, Masters

* This is for males and females

* There must be at least 3 people for a best lifter, possible best lifters: male/female, raw/equipped

RULES CLINIC: 8:15 AM

****ALL LIFTERS MUST BE PRESENT FOR RULES CLINIC .**

For rules, regulations and equipment specifications, visit the HERC federation site at www.hercpowerlifting.com

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

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

Weigh Ins: Friday Feb 1, 9am – 9pm * Saturday Feb 2 by appointment ONLY. Contact meet director. Weigh ins will be held at Hercules Gym



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Events: Full Power Iron man Squat Only Bench Only Deadlift Only
Division: Multi Ply Single Ply Raw Raw with Wraps
Age Division: Youth Teen Open Sub Masters Masters
Drug Testing Division: Amateur Pro (only means not subject to drug testing)
Weight Class: _____ Female Male

Name: _____

Age: _____ Date of Birth: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Phone: _____

Tshirt Size: Small Medium Large X Large 2X Large 3X Large 4X Large

Only If mailing your payment in: **Make checks payable to Hercules Gym**

Payment Choice: Money Order Check **Amt Enclosed: _____**

Credit Card **ONLY ENTER CARD INFO IF YOU WILL NOT BE PRESENT TO SWIPE YOUR CARD**

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