



Hercules Gym

presents

Hot and Heavy

Full Power & Single Lift meet

August 26, 2017

6361 THOMPSON RD * SYRACUSE, NY 13206

SATURDAY, AUG 26, 2017

LIFTING STARTS AT 9AM

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

ENTRY FEE PER LIFTER: \$85 Full power, \$75 Iron man, \$55 single lift, \$25 crossovers (lifting in additional divisions)

** Includes free meet Tshirt or Tank Top

ENTRY DEADLINE: Aug 12, 2017 for free shirt, Aug 19 to enter the meet 60 lifter limit

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

THE ONLY AGE DIVISIONS ARE TEEN (through 19), OPEN (any age) AND MASTERS (45 AND UP)

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, any single lift

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

**Equipped is multi or single ply

**For 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"

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 Aug 25, 9am – 8pm * Saturday Aug 26, 7am – 8am

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

Division: Multiply Singleply Raw Wraps: Yes No

Age Division: Teen Open Masters

Class: Amateur Professional

Weight Class: _____ Female Male

Name: _____

Age: _____ Date of Birth: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Phone: _____

T-shirt Tank Top Size: Small Medium Large X Large XX Large XXX Large

If mailing your payment in:

Payment Choice: Money Order Check Amt Enclosed: _____

Credit 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