



Hercules Gym presents

2018 Iron Maiden

Women's Only Pro/Am

6361 Thompson Rd * Syracuse, NY 13206

Saturday, October 13, 2018

Lifting starts at 9am

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

ENTRY FEE PER LIFTER: \$95 Full power, \$65 single lift, \$25 crossovers (lifting in additional divisions)

ENTRY DEADLINE: October 3, 2018

THE ONLY AGE DIVISIONS ARE TEEN, OPEN AND MASTERS (40 AND UP) but will be separated for the purpose of ranking on Powerlifting Watch

Weight Classes: 97, 105, 114, 123, 132, 148, 165, 181, 198, SHW

Events: Full Power, any single lift

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

**Equipped is multi or single ply, will be separated on Powerlifting Watch

**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"

Federation is **HERC**. Cash prizes for First and Second and non-cash prize for Third for equipped (AS LONG AS THERE ARE 5 OR MORE LIFTERS) and for raw determined by Malone coefficient. Medals for 1st – 3rd for each weight class and division. Current HERC records and rankings can be found at www.herculesgym.net/records.html . If it's blank, nothing has been set yet.

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

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

Weigh Ins: Friday Oct 12, 9am – 12pm, 3pm – 7pm ** No Saturday Weigh Ins!!



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ENTRY DEADLINE: October 3, 2018

Events: Full Power Squat Only Bench Only Deadlift Only

Division: MultiPly SinglePly Raw Wrapped

Age Division: Youth (up to 10) Teen Open Masters (40 and up)

Check here if lifting Pro division (for website rankings and records only)

Weight Class: _____

Name: _____

Age: _____ Date of Birth: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Phone: _____

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