



Blood Iron Barbell

2021 Iron Maiden

Women's Only Pro/Am

900 Burnet Ave * Syracuse, NY 13203

Saturday, June 5, 2021

Lifting starts at 9am

DIRECTOR: Rheta West - 315-256-1063 – rheta@rhetawest.com

ENTRY FEE PER LIFTER: \$95 Full power, \$75 Iron Man, \$65 single lift, \$25 crossovers (lifting in additional divisions)

ENTRY DEADLINE: May 22, 2021

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, Iron Man, Gladiator any single lift

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

**Equipped is multi or single ply, or unlimited (new generation equipment) 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**. XPC sanction available if you wish to qualify for an XPC event. Cash prizes for First, Second and Third for equipped 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.hercpowerlifting.com. 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 HERC federation website at www.hercpowerlifting.com

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

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

Weigh Ins: Friday June 4, 9am – 9pm ** No Saturday Weigh Ins!!



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Saturday, June 5, 2021

Lifting starts at 9am

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

ENTRY FEE PER LIFTER: \$95 Full power, \$65 single lift, \$25 crossovers

ENTRY DEADLINE: May 22, 2021

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

Division: MultiPly Unlimited SinglePly Raw Wrapped

Age Division: Youth 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 Blood Iron Barbell, 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 Blood Iron Barbell. 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