

# Blood Iron Barbell

presents

## 2021 Blood In Blood Out

900 Burnet Ave \* Syracuse, NY 13203

Saturday, January 30, 2021

Lifting starts at 9am

DIRECTOR: Rheta West - 315-937-2062 – [rheta@rhetawest.com](mailto:rheta@rhetawest.com)

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

\*\* Includes free meet Tshirt

**Entry DEADLINE: January 16, 2021 40 LIFTER LIMIT!!**

**Entries received after this date 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 HERC Federation website at [www.hercfederation.com](http://www.hercfederation.com) 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 Jan 29, 9am – 12pm, 5pm – 7pm at Blood Iron Barbell**

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

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**Entry DEADLINE: January 16, 2021**

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

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

Division:  Equipped  Raw  Raw with Wraps  Using a New Generation Bench Shirt

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: \_\_\_\_\_

Tank  Tshirt \* Shirt Size:  X-Small  Small  Medium  Large  X Large  XX Large

XXX Large  Youth .... What size? \_\_\_\_\_

**Only 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 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 \_\_\_\_\_