



2020 Iron Asylum

900 Burnet Ave * Syracuse, NY 13203

Saturday, March 28, 2019

Lifting starts at 9am

DIRECTOR: Rheta West - 315-440-9627 – rheta@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: March 16, 2020 to receive a free t-shirt

45 FULL POWER LIFTER REQUEST LIMIT!! Then additional single lifts and Iron Mans.

Age Divisions: Youth, Teen, Open, Sub-Master (35-39), Master(40+)

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"**

Classes: Amateur (possible drug test) and Pro (non-drug tested)

Awards by age and equipped divisions and classes and by weight class

RULES CLINIC: 8:15 AM

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

For rules, regulations and equipment specifications, visit the HERC federation website: www.hercpowerlifting.com and click on the "Rules" button at the top

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

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

Weigh Ins: Friday Mar 27, 9am - 12pm, 5pm - 7pm at Blood Iron Barbell * Saturday Mar 28 BY APPOINTMENT ONLY (contact meet director) at Blood Iron Barbell

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ENTRY DEADLINE: March 16, 2020

Events: Full Power Iron man w/Dead Iron man w/ Squat Gladiator (Squat & Deadlift)
 Squat Only Bench Only Deadlift Only

Division: Multiply Single Ply Raw (includes sleeveless) Raw with Wraps

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: _____

Shirt Type: Tank T-Shirt Shirt Size: XSmall Small Med Large X Large 2X 3X 4X

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