



# 3rd Annual Toys for Tots Bench Press Competition

**Date:** Saturday, December 7, 2019 **Location:** Freedom Church, 1036 Stonecrest dr. Osage Beach, MO **Time:** 10:00am **Rules Briefing:** 9:30am **Weigh Ins:** Friday 5pm-6pm & Saturday 8am-9:30am **MEET STARTS AT 10AM! THIS IS A BENCH PRESS ONLY MEET BE PREPARED!**

**Uniform:** Singlet is required. No loose or baggy clothes. If you are out of uniform, you will not lift.

All bench shirts are required in the equipped division. RAW means no bench shirt.

**Meet Director:** Rich McDowell **Sanction:** Warriors Powerlifting Federation - WPLF

**Entry Fee:** There will not be an entry fee for this meet. All we ask is that you bring to the meet a new, unwrapped toy in place of your entry fee. Yearly WPLF membership card fee still applies. (\$35)  
**Spectator Fee:** 1 new, unopened toy per person. 12 and under FREE.  
**Eligibility:** Open to any athlete 13 years or older.

SEND ENTRY FORM & MAKE CHECKS OR MONEY ORDERS PAYABLE TO:

**RICH MCDOWELL**  
**123 MOCKINGBIRD RD**  
**LAKE OZARK, MO 65049**

**PREFERRED CONTACT: [WARRIORSPowerliftingFederation@gmail.com](mailto:WARRIORSPowerliftingFederation@gmail.com) PHONE: 573-692-0096**

**CHECKS MUST CLEAR BEFORE EVENT!**

(DETACH HERE)

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**\*\*\*CIRCLE ALL YOUR EVENTS AND DIVISIONS\*\*\***

RAW		GEAR				COMBINE CHALLENGE						
TEEN		JR 20-23	OPEN	SUB MASTER 35-39		MASTER						
*Weight class*												
97	105	123	132	148	165	181	198	220	242	275	308	SHW

**CARD FEES CAN BE PAID AT THE MEET WITH CASH ONLY! YOU MUST HAVE A WPLF MEMBERSHIP CARD TO COMPETE**

I know that participation in a powerlifting competition is potentially dangerous. I should not enter unless I am able and properly trained. I understand and agree that Rich McDowell, Christina McDowell, Danielle Clark or the WPLF, Freedom Church, nor its employees or officers may be held liable for any occurrence in connection with this competition, which could result in injury, death, or damages to me. In consideration of being allowed to compete in this event, I hereby assume all risks in connection with this event and release Rich McDowell, Christina McDowell, Danielle Clark, the WPLF, Freedom Church, its weightlifting club operators, spotters and all other employees or officers or persons in any way connected to this event or the WPLF, for any injury or damage which may happen to me while I am engaged in this event, including all risk connected therewith, whether foreseen or unforeseen, and I do further agree to save and hold harmless the WPLF and all the above mentioned from any claim by, or by my heirs, executors, administrators, personal representatives and assigns arising out of my participation in this event. By signing, I understand and agree with all that is written above.

**NAME:** \_\_\_\_\_ **DATE OF BIRTH:** \_\_\_\_\_  
**AGE:** \_\_\_\_\_ **SEX:** \_\_\_\_\_ **MAILING ADDRESS:** \_\_\_\_\_  
**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP CODE:** \_\_\_\_\_  
**PHONE:** \_\_\_\_\_ **EMAIL:** \_\_\_\_\_

**(ALL ENTRIES MUST BE COMPLETED TO ENTER)**

**SIGNATURE:** \_\_\_\_\_ **(LIFTER, PARENT OR GUARDIAN IF UNDER 18)**

