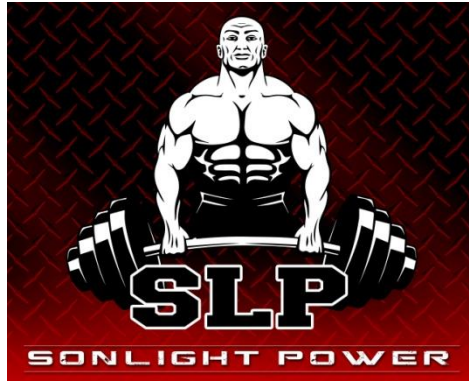


# Iron Fortress Gym Classic

**DATE:** SATURDAY, FEB 3rd 2018  
**LOCATION:**

*Iron Fortress Gym*  
 4250 E BROADWAY #860  
 COLUMBIA, MO 65201

**TIME:** 9:00 AM  
**RULES BRIEFING:** 8:30AM  
**WEIGH INS:** FRI. 5:00 pm - 6:30 pm  
 SAT. 7:00 am - 8:30am  
MEET STARTS 9:00AM



**(BE PREPARED!!!)**  
**UNIFORM:** SINGLET REQUIRED  
 (Deadlift socks required for Deadlift)  
**NO LOOSE OR BAGGY CLOTHES. IF YOU ARE OUT OF UNIFORM YOU WILL NOT LIFT!!**  
 \*\*\*\*\*All bench shirts are allowed in the equipped division. RAW means no bench shirts or suits \*\*\*\*\*  
**MEET DIRECTOR:**  
 RICH MCDOWELL

**SANCTION:** SLP

**ELIGIBILITY:** Open to any athlete 13 years or older

**ENTRY FEES:** SINGLE EVENT **\$75.00** PUSH/PULL **\$90.00** FULL POWER **\$105.00**  
**SPECTATOR FEE:** ADULTS \$5.00 12 and under FREE at the door.  
 Competition Limited to 35 lifters only

SEND ENTRY FORM & MAKE MONEY ORDER PAYABLE TO **Rich McDowell**  
 123 Mocking bird Rd.  
 Lake Ozark, MO 65049

TELEPHONE (573) 692-0096 Preferred contact is email first - [benchbro@gmail.com](mailto:benchbro@gmail.com)

**( Checks must clear before the event )**

DETACH HERE

**\*\*\*\* LATE ENTRIES AFTER JAN 20TH CASH ONLY!!! \*\*\*\***

**\*\*\* CHECK YOUR EVENT & DIVISION(S) \*\*\***

*\$40 FOR EACH ADDITIONAL CROSSOVER DIVISION*

RAW	GEAR	** FULL POWER	PUSH/PULL	SQUAT	BENCH	DEADLIFT							
TEEN	JR 20 - 23	OPEN	SUB MASTER 35 - 39	MASTER									
<b>*WEIGHT CLASS*</b>													
97	105	114	123	132	148	165	181	198	220	242	275	308	SHW

**\*\*\*\* LATE ENTRIES AFTER Jan 20th CASH ONLY NO EXCEPTION!! \*\*\*\***

I know that participation in a powerlifting Competition is potentially hazardous. I should not enter unless I am able and properly trained. I understand and agree that neither Rich McDowell, the SLP, Iron Fortress Gym, 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 "Iron Fortress Gym Classic" and release Rich McDowell, the SLP, Iron Fortress Gym, its Weightlifting Club operators and all other employees or officers or persons in any way connected with this event or with the SLP, for any injury or damage which may befall 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 SonLight Powerlifting LLC Federation 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: \_\_\_\_\_

(ALL ENTRIES MUST BE COMPLETED TO ENTER) SIGNATURE \_\_\_\_\_  
 Lifter (PARENT OR GUARDIAN IF UNDER 18)

EMAIL \_\_\_\_\_  
 This is how we will inform you of changes in this contest. NO SPAM we promise!

benchbro@gmail.com (573)-692-0096 - contact: RICH MCDOWELL