



# Blood Iron Barbell

presents

## 2020 BEASTS OF NEW YORK

900 Burnet Ave \* Syracuse, NY 13203

Saturday, November 21, 2020

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: November 13, 2020 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 Nov 20, 9am – 12pm, 5pm – 7pm at Blood Iron Barbell**

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

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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 ☐ Credit Card  
Amt Enclosed: \_\_\_\_\_

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