

HOCKING COLLEGE WEIGHTLIFTING ENTRY FORM

Name _____ Phone _____ Age _____

Address _____

City _____ State _____ Zip _____

Are you a student _____ (yes/no) Are you alumni _____ (yes/no) Are you staff _____ (yes/no)

Shirt size _____ Projected Lifts: Bench _____ Deadlift _____ Squat _____

PLEASE READ AND SIGN BELOW. THIS FORM MUST HAVE YOUR SIGNATURE.

In consideration of your accepting this entry, I understand the risk of injury in competition, and waive and release any and all right and claims for damages that I may have against the Hocking College and Hocking Colleges Fitness Management class or all other administrations of this meet for any and all injuries that I may suffer at this competition.

Entry fee will be \$10.00 and will have to be paid at the time of registration. Only CASH accepted. Anyone that wants a shirt will have to have their form in by October 21, 2013. Date of event is November 7, 2013.

Rules and regulations: No squat suits, no wrist straps, no gloves, no bench shirts, no knee wraps. Lifts must be in accordance with rules and regulations (JUDGES DECISION IS FINAL,) weight belts are allowed. Three attempts per lift. 1st, 2nd, and 3rd place overall winners for male and female will receive a trophy and top lifters (based on relative weight) for each event will receive a medal. Warm-ups will be allowed previous to lifts. Once you have attempted a weight, you CANNOT go lower in weight for that lift. Contact Bill Finnearty (finneartyw@hocking.edu) for official rules or more details.

Parental Signature (if under the age of 18) _____ Date _____

Signature of Entrant _____ Date _____

Paid _____ / Received by _____

Name _____

Paid for entry \$ _____ / Received by _____

Staff signature of full payment _____