



Brookville Laurel Festival Power-lifting Competition
 Registration Form
 June 18, 2022



Sponsored by: The Brookville YMCA

Athlete Information: _____

Last Name

First Name

Middle Initial

Street Address/Apt # _____

City/Town

County

State

Zip

Date of Birth: (M/D/Y) _____ Age the date of the lift: _____ Gender: _____

****YOU MUST BE OVER 18 TO PARTICIPATE**

Phone Number: _____ T-Shirt Size : _____

Email Address: (to be used for future competitions) _____

RULES!

This is a **RAW MEET** and **YOU MUST BE OVER 18 TO PARTICIPATE!**

Deadlift:

- Belts ARE permitted
- No Straps
- No Knee Sleeves
- No Hitching
- No "Slamming" of the weight
 - This will result in a disqualified lift

Bench:

- Wrist Wraps ARE permitted
- Head, feet, butt, and shoulders must be on the bench at all times
- No Elbow Sleeves
- No Bench Assist Shirts
- Bench on Judges command (NO Bump and Go)

- **WEIGH IN TIME WILL BE 8AM ON JUNE 18th AT THE BROOKVILLE YMCA**
- **THERE WILL BE THREE ATTEMPTS FOR BOTH LIFTS**
- **ALL LIFTS ARE FINAL AFTER JUDGES DECISION!**

THANK YOU FOR YOUR SUPPORT AND LET'S HAVE SOME FUN!!!!

By signing below, I certify that I have read the above information and all information is true and correct to the best of my knowledge. My signature also certifies my understanding of and agreement with the above policies.

Name of Athlete (print)

Signature of Athlete

Date

(TO BE FILLED OUT THE DAY OF THE COMPETITION BY STAFF MEMEBER)

WEIGHT: _____

Dead lift only:

Bench Only:

Both:

Opening Bench: _____ **Opening Dead lift:** _____

2022 Brookville Laurel Festival Power-lifting Entry Form