

Battle of the Gyms

Power Lifting (The Big 3)

DATE: July 6, 2019

REGISTRATION: 7:15 AM -8:15AM

WEIGH IN: 8:15am-8:45am

EVENT TIME: 9am KICK OFF

ENTRY FEE: \$25 for first event and \$10 for each additional event

Make checks payable to: One More Gym

MAIL TO: 3780 South Reed Road, Kokomo In, 46902

ENTRY DEADLINE: June 29, 2019 (for guaranteed competition shirts)

LOCATION: One More Gym 3780 South Reed Road, Kokomo, IN 46902

CONTACT: Brian Cox 765-864-0810

REGULATION:

1. Participants may use wrist and knee wraps and weight belt
2. Participants may not use straps or gloves to assist with lifts
3. Classes Female 120, 145, 160, 185, 200, 200+
4. Classes Male 150, 175, 200, 225, 250, 250+

All participants will receive a **FREE** Haynes-Apperson Day T-Shirt and Battle of the Gyms competition shirt.

For, and in consideration of my participation in any HAYNES-APPERSON DAY SPORTS FESTIVAL events and the prizes offered in connection there with, I/WE may now have or have in the future against the HAYNES-APPERSON SPORTS FESTIVAL events, their agents, servants, employees, successors, and assigns, arising from any damages or losses which I/WE may suffer or incur while taking part in any HAYNES-APPERSON SPORTS FESTIVAL event. This waiver and release shall be binding upon my/our heirs, executors, administrators, and assigns.

SIGNATURE _____ DATE: _____

GYM NAME _____

Lifts desired (circle 1-3): BENCH SQUAT DEADLIFT

NAME: _____ AGE: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: _____

T-SHIRT SIZE: Adult: SM _____ MED _____ L _____ XL _____ 2XL _____ 3XL _____ 4XL _____