



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# SHOW OF STRENGTH POWERLIFTING MEET Deadlift & Bench Press

Brought to you by:

**TUSCARAWAS COUNTY YMCA  
& CONOTTON VALLEY BOOSTERS CLUB**

**SUNDAY, JULY 21  
1 PM START**

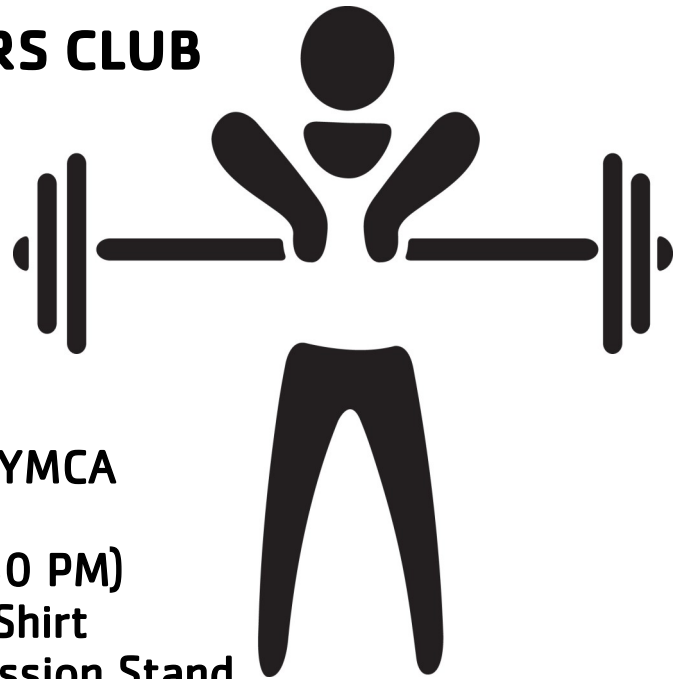
**Jr/High School & Adult Open  
Weight Classes / Male and Female**

Event located at the Tuscarawas County YMCA  
Pre Registration \$20 Online or at the Y  
Day of Registration \$25 (11:00 AM-12:30 PM)  
Register by July 1 to Guarantee Event T-Shirt  
T-Shirts will be sold at the event / Concession Stand

This is a "Raw" lifting meet. Belts and chalk (chalk provided) permitted. No straps or wraps.  
Parent must sign waiver for anyone in High School or under 18 years old.

Waiver Download PDF at [www.tuscymca.org](http://www.tuscymca.org)—Special Events Page.

For more information or questions please contact Jason Eick, YMCA Wellness Coordinator 330-364-5511 ext 320 or Ty Carrothers, Conotton Valley Strength Coach 330-407-1162.



**TUSCARAWAS COUNTY YMCA**

600 Monroe Street, Dover, Ohio 44622 330-364-5511

[www.tuscymca.org](http://www.tuscymca.org)



# POWERLIFTING MEET REGISTRATION FORM

DEADLIFT & BENCH PRESS

SUNDAY, JULY 21

LIFT BEGINS AT 1 PM

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ School \_\_\_\_\_

Age \_\_\_\_\_ Birthdate \_\_\_\_\_ Shirt Size YM YL S M L XL XXL XXXL

### Jr. High Category

#### Grade 7 and 8

<b>Weight Class:</b>	<b>Boys</b>	<b>130</b>	<b>145</b>	<b>163</b>	<b>183+</b>
<b>(Circle One)</b>	<b>Girls</b>	<b>115</b>	<b>125</b>	<b>138</b>	<b>158+</b>

### High School Category

#### Grade 9 and 10

<b>Weight Class:</b>	<b>Boys</b>	<b>130</b>	<b>145</b>	<b>163</b>	<b>183+</b>
<b>(Circle One)</b>	<b>Girls</b>	<b>115</b>	<b>125</b>	<b>138</b>	<b>158+</b>

### High School Category

#### Grade 11 and 12

<b>Weight Class:</b>	<b>Boys</b>	<b>163</b>	<b>182</b>	<b>205</b>	<b>230+</b>
<b>(Circle One)</b>	<b>Girls</b>	<b>125</b>	<b>138</b>	<b>158</b>	<b>185+</b>

### Adult Open Category

<b>Weight Class</b>	<b>Women</b>	<b>125</b>	<b>138</b>	<b>158</b>	<b>185+</b>
	<b>Men</b>	<b>163</b>	<b>182</b>	<b>205</b>	<b>230+</b>

**\*\*\*\*ALL CONTESTANTS WILL BE WEIGHED IN DAY OF THE EVENT AT REGISTRATION CHECK IN\*\*\*\*  
Must attend rules meeting at 12:30 PM**

**WAIVER:** In consideration of participation in Tuscarawas County YMCA/Conotton Valley Boosters Club Lifting competition at the Tuscarawas County YMCA ("YMCA") on July 21<sup>st</sup> 2019, I, for myself, and on behalf of the other members of my family and for my and their heirs, executors, administrators, successors and assigns ("I"), intending to be legally bound, do hereby agree to assume, pay, defend, waive, and hold the YMCA harmless from and to indemnify the YMCA for any and all claims, lawsuits, demands, causes of action, liability, loss, damage and/or injury of any type or nature whatsoever (including but not limited to monetary loss, property damage, personal injury and/or wrongful death, equitable relief, and attorney fees and costs), whether brought by an individual or other entity, or imposed by a court of law or by administrative action of any federal, state, or local governmental body or agency, arising out of, or in any way whatsoever connected to any acts, omissions, negligence, or willful misconduct on the part of the YMCA, its trustees, directors, officers, personnel, employees, agents, contractors, invitees, guests, sponsors, supporters, or volunteers.

Further, I hereby grant the YMCA and its representatives and affiliates, express permission and consent to use, without limitations or obligation, any or all photographs, film footage, or tape recordings, which may include my image or voice, for the purpose of promoting or interpreting YMCA activities or programs.

Further, I hereby grant the YMCA and its representative and affiliates, express permission and consent both now and at any time, to investigate whether I or members of my family if I have a family membership, are listed on a sexual offender or other similar registry which, if listed, would prohibit membership to the YMCA.

**Participant Signature**

**Parent/Guardian Signature If under 18 Signature**