

# **NORWICH FAMILY YMCA 5-LIFT POWER MEET**

Name: \_\_\_\_\_

Division: \_\_\_\_\_

Address: \_\_\_\_\_

Weight Class: \_\_\_\_\_

\_\_\_\_\_

Opening Attempt: \_\_\_\_\_

\_\_\_\_\_

Bench Press: \_\_\_\_\_

Age: \_\_\_\_ Sex: \_\_\_\_\_

Dead-Lift: \_\_\_\_\_

Squat: \_\_\_\_\_

Clean & Press: \_\_\_\_\_

Strict Curl: \_\_\_\_\_

Registration deadline- **April 4, 2009:**

\$35.00 (includes one lift)

\$45.00 (includes two lifts)

\$50.00 (includes all lifts)

"Early Bird" Registration-available through **March 31, 2009:**

\$40.00 (includes all lifts)

"Day-of" Registration

Sunday **April 19, 2009:**

\$40.00 (includes one lift)

\$50.00 (includes two lifts)

\$60.00 (includes all lifts)

In Consideration of my entry being accepted, I hereby, for myself, and my heirs, waive and release any and all of my rights and/or claims for damages that I may have against the sponsors in this meet, and/or the Norwich YMCA for any injuries that I may suffer in connection with any participation in the Norwich Family YMCA Power Lift Competition. The applicant and his/her dependents assume all risks, injuries, and property damage which may be acquired while at the Norwich YMCA. By signing my name below, I hereby certify that I have read, understand, and agree with all of the terms and conditions within this release and do intend to be legally bound thereby. All proceeds from entry into this event will cover the cost of this annual event, and any funds remaining will benefit the Norwich YMCA weight room. Event fees are not transferable to another entrant.

Signature: \_\_\_\_\_

(if under the age of 18 legal guardian must sign)

Direction to the Norwich YMCA:

From South: Once in Norwich follow Route 12 which turns into Broad St. The YMCA is located across from The Howard Johnson Hotel.

From North: Follow Route 12/Broad St. The YMCA is located across from Howard Johnson Hotel.

From East: Follow Route 23 until it intersects with route 12/Broad St. Take a left onto Route 12/Broad St. the YMCA will be located across from Howard Johnson Hotel.

**Norwich Family YMCA  
BENCH PRESS, DEAD-LIFT, CLEAN & PRESS,  
SQUAT and STRICT CURL COMPETITION  
SUNDAY April 19, 2009  
MEET BEGINS AT 10 AM**