

# Entry Form

## Rock Island Arsenal Strength Contest

Mail Form to: Rock Island Arsenal, 3395 Rodman Avenue, Rock Island, IL 61299

Drop off form at: Rock Island Arsenal Fitness Center, Building 67

Make Checks to: IMWRF

\*\* In consideration of the acceptance of this entry form thereby for myself, my heirs, executors and administrators waive and release any and all claims and damages I may have against the Rock Island Arsenal (RIA), RIA MWR, RIA Fitness Center, QC Barbell Davenport, Coach Beaz and assigns for any and all injuries or bodily harm that I may suffer while competing at the RIA Strength Contest 2017. I attest and verify that I have full knowledge of the risks involved with my participation in this event and that to the best of my knowledge I am physically fit and able to participate in this event. \*\*

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

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

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: ( ) \_\_\_\_\_

Email: \_\_\_\_\_

Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Gym/Team (if applicable): \_\_\_\_\_

### Circle Weight Class:

**Men:** 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW (Super Heavy Weight)

**Women:** 97, 105, 114, 123, 132, 148, 165, 181, 198, UNL (Unlimited)

### Circle Age Division:

(18-19), (Junior 20-23), (Open 24-34), (Submaster(35-39), (Master 40-44),

(45-49), (50-54), (55-59), (60-64), (65-69), (70-74), (75-79), (80-84)

### Circle Event participating in:

Push / Pull (Bench and Deadlift)	PP	=	\$25.00
Bench only	BP	=	\$15.00
Deadlift	DL	=	\$15.00

Total Amount Enclosed: \_\_\_\_\_  \_\_\_\_\_