



FULL THROTTLE MAY 9, 2020



American Legion Post #841 110 Railroad St, Montandon, Pa 17850

MEET DIRECTOR(s): Chris Kitchen (chriskmmcpaprez@gmail.com)
Jesse Leitzel (oldskulliron@gmail.com)

Weigh-ins: (same as meet address)

Friday, May 8th 5:00pm - 6:00pm

Saturday, May 9th 7:00am - 9:00am

Mandatory competitor meeting is at 9 am. Competition lifting starts at 10 am.

Entry Fee(s): Full Power - \$85; Bench - \$55, Deadlift -\$55, Ironman (Push/Pull)- \$75.

Note: Late Entries received May 4th will be accepted if there is space available. Late fee for entries received after May 6th will be \$20. There is a 60-lifter limit to this event.

Spectator Fee: Free

Payment: Mail entry form and check payable to: Chris Kitchen 130 First Street Allenwood, Pa 17810

Membership: Each competitor must have a valid (METAL MILITIA POWERLIFTING) Membership. You can purchase this before the meet at metalmilitiapowerlifting.com

Awards: 1st, 2nd, and 3rd place for each age and weight division. Best lifter full power Gear/Raw

EQUIPMENT: Must meet Metal Militia Powerlifting Federation specifications.

Please Note: according to Metal Militia Powerlifting Federation rules, knee wraps and belt and wrist wraps are allowed in the raw division.

Information: metalmilitiapowerlifting.com

METAL MILITIA - CENTRAL PA

FULL THROTTLE

MAY 9, 2020

Name: _____ Age : _____ Birth Date: _____

Address: _____ City: _____

State: _____ Zip: _____ Phone # _____

Please Circle the weight class you are entering:

Men's Weight Classes: 114LB 123LB 132LB 148LB 165LB 181LB 198LB 220LB 242LB
275LB 308LB SHW

Women's Weight Classes: 97LB 105LB 114LB 123LB 132LB 148LB 165LB 181LB 198LB
198+LB

Please Check mark your event or events you are competing in:

FULL POWER: RAW ___ or EQUIPPED ___ / Pro ___

BENCH PRESS ONLY: RAW ___ or EQUIPPED ___ / Pro ___

DEADLIFT ONLY: RAW ___ or EQUIPPED ___ / Pro ___

PUSH PULL: RAW ___ or EQUIPPED ___ / Pro ___

Please circle the division or divisions you will be competing in:

Open, Junior 13-15, 16-17, 18-19, 20-23, Sub-master 35-39,

Master 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+ - Special Athlete

ENTRY DEADLINE: Postmarked by Monday, May 4th, 2019. \$25 late fee if sent
after deadline

Disclaimer:

RELEASE FROM LIABILITY

In consideration of the acceptance of my entry form in this power lifting competition, I intend to be legally bound for not only myself, but also for my heirs, executors and administrators. In signing this release from liability, I wave and release any and all rights or claims for damages I may have against METAL MILITIA POWERLIFTING, Chris Kitchen, Jesse Litzel the organizers, volunteers or the sponsors of this contest.

Signature _____

Date _____ If under 18 Adult Sign here _____