



IPA Garage Bar Pro Open Bench Bash
Saturday September 20, 2014

- Meet Directors:** Matt Smith - (614) 440-7350 or mattsmith0417@gmail.com
- Events:** Bench Press only
- Place:** **The Garage Bar & Grille**
147 Vine Street
Columbus, Ohio 43215
www.garagebarandgrille.com
- Lifting Session:** Meet is limited to 30 lifters. 2 flights total. First flight begins at 6pm. Second flight at 8pm.
- Sanction/Rules:** Sanctioned by the IPA. Check www.ipapower.com for information and rulebook. ***One piece lifting singlet required for all lifters.***
- Weigh-ins:** Friday September 19 – 6:00-8:00pm
All weigh-ins will take place at Westside Barbell, 497 Industry Dr, Columbus, OH 43204
- Eligibility:** Open to all IPA Registered Athletes: Must show proof of IPA card at weigh-in. All entrants in IPA sanctioned events must have a valid IPA registration card. The annual fee is \$30 for adults and \$25 for teens.
YOU MUST PURCHASE YOUR IPA MEMBERSHIP IN ADVANCE OF WEIGH-INS. CARDS WILL NOT BE SOLD ON-SITE. GO TO WWW.IPAPOWER.COM, JOIN US TAB FOR A DOWNLOADABLE MEMBERSHIP APPLICATION OR SIGN UP ONLINE VIA PAYPAL.
- Entry Fee:** The entry fee is \$100. **Entry fee MUST accompany entry form when mailed. NO REFUNDS.**
- Deadline:**
- The entry deadline is **September 6, 2014**
 - Late entries will be charged a **\$25 late fee**, and can be denied.
 - **THIS MEET IS LIMITED TO 30**
- Awards:** Awards will be given to the first three places in all Men's and Women's Open weight classes. Divisions will be recognized for records only. Best Lifter award will be given based on formula.

Mail this page along with your entry fee to the following address:

Matt Smith, 1045 Seacove Circle Apt F, London, Ohio 43140

Make Checks Payable to: Matt Smith

RELEASE FROM LIABILITY

On behalf of myself, my heirs, executors, administrators, and assigns, I hereby irrevocably waive, release and fully discharge the International Powerlifting Association (IPA), Matt Smith, The Garage Bar & Grille, their respective officers, directors, employees, agents, and shareholders, of and from any and all rights, claims, demands, lawsuits, and causes of action due to or arising from any accident, injury, damage or loss directly, indirectly or in any way associated with my participation in the powerlifting competition sponsored by **Matt Smith and The Garage Bar & Grille**. I represent that I know of no medical reason or condition that would impair my ability to participate in this event, and I hereby assume any and all risk of accidental, medical injury or consequential damages resulting from my participation. I acknowledge, understand and accept the inherent risks of powerlifting. By signing this release from liability, I irrevocably waive all rights, claims, demands, lawsuits and causes of action against everyone connected with this contest. **I have read the above release, understand its meaning and consequences, and intend to be legally bound by its terms and have signed this release freely and voluntarily.**

Signature: _____ Date: _____

Parent/Guardian (if under 18): _____ Date: _____

Print Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: (_____) _____ Email: _____

Date of Birth: _____ Age : _____ Gender: _____

Gym/Lifting Team: _____ Occupation: _____

Music type or song desired to lift to: _____

Circle Weight Class:

Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW

Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, UNL

Check Division:

Raw Equipped

Submaster Master (all age divisions) Teen Junior Police

Total Amount Enclosed (include late fees if applicable) : _____