



WE CENTER. SERVING THE COMMUNITY FOR A BETTER YOU!

# 2023 Little Falls Canal Celebration Iron Man Classic

## Saturday August 12<sup>th</sup>, 2023

**Location:** Little Falls Youth & Family Center Gym, 15 Jackson Street, Little Falls, NY 13365

**Weight in:** Friday August 11, 2:00 – 4:00 p.m., Saturday August 12, 8:30 – 9:00 a.m.

**Rules:** Saturday 9:00 a.m.

**Eligibility:** Any male or female age 13 years or older

**Divisions:** Teens 13-15, 16-17, 18-19, Junior 20-23, Submaster 35-39, Masters 40-44, 45-49, 50-54, 55-59, 60-64, 65+ Open

**Weight Classes:** Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, 308+ Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, 198+

**Awards:** Awards to top Teen, Female and Male winners. Event t-shirts to first 35 who enter

**General Information:** Raw Meet. Standard bench rules apply (press/rack commands). No Bench Press shirts allowed.

- Wrist wraps are allowed for benching.
- Belts are allowed, buckle or lever no Velcro.
- Singlet is recommended to be worn by all lifters and a t-shirt must be worn underneath.
- No baggy clothing on platform.
- Knee high socks required for dead lift.
- Chalk will be supplied at the meet.

**Contact:** Glenn Mucica (315) 823-0110, Andy Mucica (315) 360-6476, Little Falls Youth & Family Center (315) 823-1740

**DEADLINE FOR APPLICATIONS IS AUGUST 1<sup>st</sup>, 2023**

PLEASE FILL OUT AND MAIL TO ADDRESS BELOW, KEEP LEFT HALF FOR YOURSELF.

Entering: Bench Press Max \$50 \_\_\_\_\_ Dead lift Max \$50 \_\_\_\_\_  
Ironman (both events) \$50 \_\_\_\_\_.

NAME: \_\_\_\_\_ T-shirt Size: \_\_\_\_\_  
Phone #: \_\_\_\_\_.

ADDRESS: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zipcode: \_\_\_\_\_  
EMAIL: \_\_\_\_\_

**Circle the following you are entering:**  
Men's Weight Class: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, 308+  
Women's Weight Class: 97, 105, 114, 123, 132, 148, 165, 181, 198, 198+  
Age Divisions: Teens 13-15, 16-17, 18-19, Junior 20-23, Submaster 35-39, Masters 40-44, 45-49, 50-54, 55-59, 60-64, 65+ Open

**Release from Liability**  
In consideration of acceptance of my entry, I intending to legally bound for myself, my heirs, executor and administrator, do hereby release and discharge the City of Little Falls, The Little Falls Youth & Family Center, and Event officials, from any and all liability arising from injuries, illness, or damage I may suffer as result of my participation in this event. I do certify that I am in good physical condition and freely participate in this event.

**Parent or guardian of a minor (under 21):** I, as a parent or guardian of the above named minor, hereby give my permission for my child or ward to participate in this event and further agree, individually, and on behalf of my child or ward, to the terms above.

\_\_\_\_\_  
SIGNATURE OF APPLICANT  
\_\_\_\_\_  
DATE  
\_\_\_\_\_  
SIGNATURE OF PARENT/GUARDIAN IF UNDER 21  
\_\_\_\_\_  
DATE

**SEND ENTRY FORM, WITH CHECK OR MONEY ORDER PAYABLE TO:**  
Little Falls Youth & Family Center, 15 Jackson Street, Little Falls, NY 13365  
**For more information or questions call**

Glenn Mucica at (315) 823-0110,  
Andy Mucica (315) 360-6476 andymucica@yahoo.com  
Little Falls Youth & Family Center at (315) 823-1740.

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