



2017 Little Falls Canal Celebration Iron Man Classic Saturday August 12th, 2017

Location: Little Falls YMCA Gym, 15 Jackson Street, Little Falls, NY 13365

Weigh-Ins: Friday 8/11 1:30-4:00pm, Saturday 8/12 8:30-9:00am

Rules Overview: Saturday 8/12 9:00am, liftings begins at 9:30am

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 division and weight class 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. 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 deadlift. Chalk will be supplied at the meet.

Contacts: Glenn Mucica 315-823-0110
Andy Mucica 315-360-6476
E-mail andymucica@yahoo.com
Little Falls YMCA 315-823-1740

**DEADLINE FOR APPLICATIONS
IS AUGUST 1ST, 2017**

PLEASE FILL OUT AND MAIL TO THE ADDRESS BELOW, KEEP FIRST PAGE FOR YOURSELF

Entering: Bench Press Max \$35_____Deadlift Max \$35_____.

Ironman (both events) \$40_____.

NAME:_____T-Shirt Size:_____Phone # (____) -_____.

HOME ADDRESS:_____.

E-MAIL ADDRESS:_____.

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 administer, do hereby release and discharge the City of Little Falls, The Little Falls Family YMCA, and Event Officials, from any and all liability arising from injuries, illness, or damage I may suffer as a 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 the 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 Family YMCA, 15 Jackson Street, Little Falls, NY 13365

For more information or questions call

Glenn Mucica 315-823-0110 Andy Mucica 315-360-6476 andymucica@yahoo.com

LF YMCA 315-823-1740