



BURN FITNESS POWERLIFTING COMPETITION

SATURDAY 2ND MARCH 2019 10AM-4PM, WEIGH IN FROM 9AM

MEMBERSHIP NUMBER (IF APPLICABLE):

NAME:

AGE:

GENDER: MALE/FEMALE

ADDRESS:

EMAIL:

PHONE NO:

EMERGENCY CONTACT NAME:

EMERGENCY CONTACT NUMBER:

AGE CATEGORY (please tick the appropriate box):

U21 21-40 40+

FEMALE WEIGHT CATEGORIES (please tick the appropriate box):

Under 45kg 60kg-70kg

45kg-50kg 70kg+

50kg-55kg

55kg-60kg

MALE WEIGHT CATEGORIES (please tick the appropriate box):

Under 60kg	<input type="checkbox"/>	80kg-90kg	<input type="checkbox"/>
60kg-70kg	<input type="checkbox"/>	90kg-100kg	<input type="checkbox"/>
70kg-80kg	<input type="checkbox"/>	100kg+	<input type="checkbox"/>

Each participant will take part in ALL 3 disciplines: Squat, deadlift and Bench press. Each participant will have 3 attempts at each discipline and the high score will be the score recorded.

Please note by registering for this event and signing this form we are not liable for any injuries that may be caused throughout the competition. You are responsible for your own warm up and actions during the event. NO powder chalk, liquid chalk will be provided.

SIGNATURE:

DATE: