



BURN FITNESS POWERLIFTING COMPETITION

SATURDAY 1<sup>st</sup> JUNE 2019 8:30AM-4PM, WEIGH IN FROM 8AM

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-80kg

50kg-55kg  80kg+

55kg-60kg

MALE WEIGHT CATEGORIES (please tick the appropriate box):

Under 60kg	80kg-90kg	110kg+	<input type="checkbox"/>
60kg-70kg	<input type="checkbox"/>	90kg-100kg	<input type="checkbox"/>
70kg-80kg	<input type="checkbox"/>	100kg-110kg	<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 is permitted. NO straps but wraps and sleeves are allowed.

SIGNATURE:

DATE: