

DECEMBER 2nd, 2017

"BENCH ONLY"



TOUCH -N- GO!!

YMCA 380 Ruin Creek Road, Henderson, NC 27536

**TEENS 13-15 16-19 OPEN WOMEN/MEN 132 148 165 181 198 220 242 275+
MASTERS 40-44 45-49 50-54 55-59 60+**

WEIGH INS: SATURDAY 8-11 AM MEETS STARTS AT 12PM

**AWARDS: 1ST—3RD FEES: TEENS \$25 ADULTS \$35 GENERAL PUBLIC \$3.00
CHILDREN UNDER 12 ARE FREE**

ALLOWED: Wrist Wraps, Elbow Wraps, Shirts, Elbow Support

DRESS CODE: Fitted T-shirts, Long pants or Knee length shorts

***NO ALCOHOL *NO PROFANITY *NO DRUGS *NO SMOKING ON PREMISES!!!**

FOR MORE INFO:

HARRY ORR 2317 N. GARNETT STREET HENDERSON, NC 27537

PHONE: (252) 432-4196 EMAIL: HARR2553@YAHOO.COM

ENTRY FORMS CAN BE DOWNLOADED FROM

WWW.NCMEGAMUSCLE.COM

BATTLE OF THE CHAMPIONS

Official Entry Form

Office use only

Body weight _____ Age _____

1st Division _____ 2nd Division _____

Name _____

Address (include City, State & zip code) _____

Phone# _____ Age _____ e-mail _____

Circle all classes in which you will be competing

CLASSES: TEENS: 13-15 16-19

MASTER WOMEN/MEN: 40-44 45-49 50-54 55-59 60+

OPEN WOMEN/MEN: 132 148 165 181 198 220 242 275+

Mail entry fees to:

Harry Orr@ 2317 Garnett St. Henderson, NC 27537

Teen: \$25 (each class) Adults: \$35 (each class)

Admission: \$3 Children under 12 FREE

WAVIER

I hereby waive and release all rights and claims for damage or injury which I may incur by competing in the BATTLE OF THE CHAMPIONS held by Freedom Life Church of God. I waive any claims for injury or any damage that I may incur against the volunteers, the church, the YMCA or sponsors. I realize powerlifting is a high risk sport.

X _____

Under 18 requires a parent/guardian signature