



KENTUCKY MUSCLE POWERLIFTING CHAMPIONSHIPS

Saturday, November 8th, 2014

Meet Directors: Harley and Denise Timbs (615) 319-4345
Email: Deniseballynne@yahoo.com

Sanctioned By: Elite Powerlifting Federation (Optional)
Yearly membership fee \$25, Teen, Masters 65 & older \$15.
(Singlet or Spandex shorts required for sanctioned lifters)

Meet Site: Kentucky Muscle Strength and Extravaganza
Kentucky International Convention Center
221 South 4th Street, Louisville, Kentucky 40202
For Information on Other Events & Hotel Accommodations
Go To: Kentuckymuscle.com

Weigh- IN: Friday – November 7, 2014 2:00PM to 7:00PM
Saturday- November 8, 2014 7:00 AM to 8:00 AM

Rules Meeting: 8:00AM – Saturday **Lifting Begins:** 9:00AM - Saturday

Events: Bench only, Deadlift only, (Raw or Equipped)
* You may enter one or both

Divisions: Open, Teenage (18 or younger), juniors (19 to 23), Novice
Sub masters (33to 39), Masters (40+ in 5yr. Groups), Women, Law & Fire

Weight Classes: 97,105,114,123,132,148,165,181,198,220,242,275,308,SHW

Awards: 1st thru 3rd Place – Each Division, Each Weight Class

Entry Fees: \$60.00 per Event/ Division

Make Checks Payable to: Harley Timbs 744 Bethany Lane, Lebanon, TN. 37087

\$10.00 late fee will be charged on all entries received after Oct.31, 2014

Entry Form:

IN CONSIDERATION OF YOUR ACCEPTING THIS ENTRY, I HEARBY FOR MYSELF AND HEIRS, RELEASE ALL RIGHTS, CLAIMS FOR DAMAGES AND INJURIES I MAY HAVE AGAINST HARLEY TIMBS, DENISE TIMBS, L. BRENT JONES, KENTUCKY MUSCLE, KENTUCKY INTERNATIONAL CONVENTION CENTER, ALL OTHER MEET DIRECTORS AND STAFF, INCLUDING ANY AND ALL SPONSORS, SUPPORTERS, REFEREES, SPOTTERS AND LOADERS AS A RESULT OF MY TRAVELING TO AND FROM AND PARTICIPATING IN THE ABOVE LISTED COMPETITION. I MAKE THIS RELEASE AND WAIVER OF CLAIMS WITH THE FULL KNOWLEDGE OF THE HAZARDS AND INHERIT RIGHTS ASSOCIATED WITH THE ABOVE COMPETITION. I HEARBY ASSUME THE RISK OF INJURY AND PROPERTY DAMAGE LOSS.

NAME _____

ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

PHONE _____

EMAIL _____

WT. CLASS _____ **AGE** _____ **SEX** _____

DIVISION: **OPEN, TEENAGE, JUNIORS, SUBMASTERS, MASTER, NOVICE
WOMEN, LAW & FIRE**

EVENT: **BENCH DEADLIFT** (PLEASE CIRCLE EVENT(S) YOU'RE ENTERING)

RAW OR EQUIPPED (MUST CIRCLE ONE)

SIGNATURE _____

SIGNATURE OF PARENT OR GUARDIAN IF MINOR
