

2008 INTRAMURAL TEAM POWERLIFTING / BENCH PRESS COMPETITION  
JUNE 14, 2008 - Woodstock, GA



- MEET DIRECTORS:** Jon Grove - North Georgia Barbell (770) 426-1077  
[Kennesaw@fitnessresource.com](mailto:Kennesaw@fitnessresource.com)  
Tommy Fannon - Tampa Barbell (813) 263-9033  
[tfannon@gmail.com](mailto:tfannon@gmail.com)
- SANCTIONED BY:** APF (American Powerlifting Federation)
- SPONSORS:** Tampa Barbell  
North Georgia Barbell  
Inzer Advance Designs  
Gearman Nutrition  
CriticalBench.com
- EVENT LOCATION:** Cherokee Parks and Rec. Center (Annex Bldg)  
7345 N. Main St (Hwy 5),  
**Woodstock, GA 30188**  
(770) 924-6689
- WEIGH-IN:** Friday, June 13 @ Cherokee Rec. Center  
5:00pm-9:00pm  
Saturday, June 14 @ Cherokee Rec. Center  
8:00am-9:30am
- EVENT START TIME:** Saturday, June 14 - 10:00am, Rules Briefing - 9:30am
- CONTEST LIFTS:** Full Powerlifting, Bench Press
- APPAREL:** **ALL** lifting suits, groove briefs, bench shirts & wraps allowed.  
Singlet required on bench by all lifters.
- EQUIPMENT:** Monolifts in warm-up & on platform, Forza Benches,  
Mastodon squat bars, Ivanko kilo plates, Okie DL bars
- CLASS DIVISIONS:** Team competition. Winning team determined by coefficient.  
Female lifters ARE included by coefficient.  
There are no coefficient modifiers for juniors or masters.  
(3 member minimum per team or barbell club).
- ENTRY FEES:** \$60 per lifter
- ENTRY DEADLINE:** All early entries need to be received by June 7<sup>th</sup>. Cash only on day of meet.

**PRIZES:**

Unique plaque with all competition lifts go to all competitors who do not bomb out of the meet.

Beautiful team trophy by Carl Seeker for the team which fields the highest total by coefficient.

**\$1000 will be given to winning team.**

The following conditions must be met to receive the prize money:

You must be entered as part of a team  
Your team must complete the competition  
Your total coefficient must be used towards the team's coefficient

The bottom line is you can't token lift to get this money.

\*check [www.tampabarbell.com](http://www.tampabarbell.com) or [www.outlawpowerlifting.com](http://www.outlawpowerlifting.com) for meet updates\*

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WAIVER OF LIABILITY AND ENTRY FORM (tear off and mail in)

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**2008 INTRAMURAL TEAM POWERLIFTING COMPETITION**

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
STREET CITY STATE ZIP

AGE: \_\_\_ WEIGHT CLASS \_\_\_ GYM/CLUB/SPONSOR \_\_\_\_\_

DIVISION: Men's Open \_\_\_ Women's Open \_\_\_

COMPETITION: Full Power \_\_\_ Bench Only \_\_\_

In consideration of the acceptance of this entry, I hereby for myself, my heirs, executors & administrators waive & release any & all rights & claims for damages I may have against Jon Grove, Tommy Fannon, North Georgia Barbell, Tampa Barbell, Cherokee Rec. Center, their representatives, successors and assigns for any & all injuries or bodily harm that I might suffer while competing @ the 2008 APF Southeastern Intramurals.

Signature: \_\_\_\_\_ Parents Signature (if under 18) \_\_\_\_\_

**Make checks payable to NGBB and mail entries to:**

**NGBB  
195 Summer Lake Dr.  
Dallas, GA 30157**