

# ROCKTOBER CLASSIC WEIGHTLIFTING MEET

**Date:** 10/22/16

**Location:** Crossfit 941/Suncoast Strength  
10530 Portal Crossing Unit 103  
Bradenton, Florida 34211

**Sanctioned By:** Florida Weightlifting Federation (LWC #14)

**Sponsored By:** Team Florida Gulfcoast Weightlifting, Inc.

**Entry Fee:** \$45.00

**Entry Deadline:** Entries must be postmarked by: 10/10/14  
*Late entries are required to pay a \$25.00 additional fee.  
Make checks payable to*

Team Florida Gulfcoast Weightlifting, Inc.  
PO Box 110702  
Bradenton Florida 34211

*Anyone registering on the day of the meet must pay \$90.00 and may lift only if the Meet Director allows. Late Entries are not guaranteed a Meet T-Shirt*

It is recommended to send entrance forms return receipt certified.

**Additional Information:** Medals for top 3 places in each class.  
Awards for each competitor that scores 6 for 6 successful lifts.

**Note:** *This competition will follow all USAW rules and will be run using the 1 KG rule approved by USAW as well as the IWF rule mandating a minimum of 2kg increase between 1st & 2nd attempts, with any changes occurring within the first 30 seconds (including 2 minute clocks).*

**All athletes will be required to show proof of USAW membership at weigh in.**

*This will be an OPEN meet, with no age divisions.*

*The weight classes to be contested for women are: 48, 53, 58, 63, 69, 75, and 75+kg*

*The men's weight classes will be: 56, 62, 69, 77, 85, 94, 105, and 105+kg*

## The Tentative Schedule of Competition

SATURDAY	OCTOBER 22, 2016	
WOMEN	Weigh-in at 10 am	Lift at 12 pm
MEN	Weigh-in at 12 pm	Lift at 2 pm

# Official Entry Form

ATHLETE NAME: \_\_\_\_\_

WEIGHT CLASS: \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_

USAW # \_\_\_\_\_ DOB \_\_\_\_\_ SHIRT SIZE \_\_\_\_\_

STREET \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

Club Affiliation \_\_\_\_\_ Coach \_\_\_\_\_

I hereby release and agree to hold the Organizers (Team Florida Gulfcoast Weightlifting, Inc. , Suncoast Strength, Crossfit 941, , Florida Weightlifting Federation, and USA Weightlifting ), its agents and competition personnel harmless from all expenses, causes of action, liability, claims and demands arising from good faith judgments made by the Organizers, its agents and competition personnel concerning my treatment, hospitalization and medical care in the event of my illness, injury or other emergency circumstances in connection with the competition.

I (and my parent or guardian, if I am a minor), agree that I will be financially responsible for treatment, hospitalization and other medical care rendered to me in the event of my illness, injury or other emergency circumstances in connection with the competition, except to the extent my injuries and medical expenses, if any, are covered by accidental death, dismemberment and/or loss of sight and medical reimbursement insurance policies maintained by the Organizers for my benefit, in which event I will nevertheless continue to be financially responsible for expenses of treatment, hospitalization and other medical care in excess of such policies' limits.

Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

Printed Name \_\_\_\_\_

**UNDER AGE ATHLETES UNDER 18 YEARS OF AGE MUST HAVE THE FOLLOWING SECTION COMPLETED BY A PARENT OR LEGAL GUARDIAN**

I have explained to my son/daughter the aforementioned releases and conditions and their ramifications and I further consent to his/her registration for this USAW activity under the above-stipulated conditions.

SIGNATURE \_\_\_\_\_ Date \_\_\_\_\_

PRINTED NAME: \_\_\_\_\_ (Parent or Guardian)

**IF YOU ARE UNDER 18 YEARS AND YOU HAVE FAILED TO HAVE YOUR PARENT OR GUARDIAN SIGN THIS RELEASE, YOU WILL NOT BE PERMITTED TO COMPETE IN THE COMPETITION.**