

IRONMILL

POWERLIFTING TEST MEET and CLINIC

Where Iron Mill Gym 3537 Hartzdale Drive Camp Hill Pennsylvania (behind Brewster's Ice cream and Farr Automotive)

When October 25, 2014

Time: Rule clinic at 8:30 am with squatting starting approximately 9:45am followed by the deadlift and bench.

Organizer: Iron Mill Staff and Shay Larrisey:

Shay is ranked in six different categories on the top 20 list since 2007 on [Powerlifting Watch.com](http://www.powerliftingwatch.com) <http://www.powerliftingwatch.com/yearly-rankings/men-alltime> in 181 and 165 weight classes. This is a compilation of all lifters from all the different federations and then ranked.

Contact information: [Shay Larrisey \(shaylarrisey1974@gmail.com\)](mailto:shaylarrisey1974@gmail.com) or message me on Facebook Or go to the Iron Mill Facebook page as well. **Flyer will be available on the Iron Mill website at <http://ironmillstrong.com/> or by stopping in at the gym or contacting Shay Larrisey.**

Scope: Provide a meet like atmosphere for Raw and Raw (with wrap) lifters to test their one rep max in the squat, bench and deadlift under valid powerlifting judging and standards. The objective is to provide an honest check point to the lifter in the following area:

1. Technique
2. Compliance to the judging standard of a powerlifting meet.
3. Compliance to the correct lifting uniform for a powerlifting meet.
4. Selection of attempts in a meet or in practice

Objective: Foster an atmosphere for teachable moments not just provided by the Iron Mill Staff but by all those who attend.

Lifters: The amount of Lifters will not be capped.

Target (Lifter) Audience: Lifters, who are willing to learn, take realistic feedback and help others. This mean if you receive feed-back that you squat is high or your ass is off the bench you can accept and apply the lessons. Iron Mill wants positive lifters who egos does not fuel their lifting. We do not care how much you lift we care about getting better.

Note: The lifter can select to do all three lifts, two of the lifts or just one of the lifts.

Cost: \$15.00 dollars for Iron Mill members, \$25.00 for non-Iron Mill Members

Payment: Due before or on October 18, 2014; however if you contact me and say you are going to do it and seem sincere about it then just pay Iron Mill the day of the meet.

Payment Options:

1. Checks: Made payable to Iron Mill LLC.
2. Pay Pal: Ironmillstrong@gmail.com

IRONMILL

Gym Equipment:

1. Squatting will be done on the Kreppin, which is a type of Mono-lift. Iron Mill has a squat bar and will have safety bars or chains on the Kreppin.
2. Bench: will be done on the Iron Mill bench which complies with regulated Powerlifting standards width and height.
3. Deadlifting will be done on the deadlift platform. A dead lift bar will be utilized for this event.

Lifter Equipment: The allowed equipment for the meeting is the following:

1. Wrist Wraps
2. Knee Sleeves
3. Knee Wraps
4. Belt
5. Singlet is optional but if you have one it is preferred.

All other equipment is deemed unacceptable and will not be allowed in the meet such as wrist straps, squat suits, bench shirts, elbow sleeves etc.

Format: The lifter will be given three attempts in the chosen discipline. The lifter will need to comply with all the commands and rules as stated during the rules clinic. If a lifter misses a weight for whatever reason the lifter has the option of dropping the weight in their next attempt. This meet is a non- competitive. It is to provide a learning experience to the lifter, and a checkpoint as to where they are at for their max attempts. Iron Mill provides the judging. There might be a limited amount of spotters so lifters maybe asked to spot if necessary. We also will try to provide video footage on a T.V screen to break down the lifter lift and provide feed- back. There will not be weigh-in's just show the F up and lift.

RELEASE FROM LIABILITY

On behalf of myself, my heirs, executors, administrators, and assigns, I hereby irrevocably waive, release and fully discharge the Iron Mill Gym LLC., Lou Costa, Shay Larrisey or Todd Marcoullier their respective officers, directors, employees, agents, and shareholders, of and from any and all rights, claims, demands, lawsuits, and causes of action due to or arising from any accident, injury, damage or loss directly, indirectly or in any way associated with my participation in powerlifting competition sponsored

By Iron Mill I also relinquish any rights to imagery taken of myself during said event for the promotional use by the promoter and federation. I represent that I know of no medical reason or condition that would impair my ability to participate in this event, and I hereby assume any and all risk of accidental, medical injury or consequential damages resulting from my participation. I acknowledge, understand and accept the inherent risks of powerlifting.

By signing the release from liability, I irrevocably waive all

Rights, claims, demands, lawsuits and causes of action against everyone connected with this contest with regard to the result of any drug test. **I have read the above release, understand its meaning and consequences, and intend to be legally bound by its terms and have signed this release freely and voluntarily.**

Signature and date if over 18 years of age _____

Signature (in full) of applicant Date Signature (in full) of parent or guardian if applicant Date 17 years old and 364 days, guardian and Date _____

Parent or guardian signature-----

Sponsors Alpha Freak Apparel