



# THE IRON CHAMBER GYM

## **-BENCH PRESS & DEADLIFT CHAMPIONSHIPS- SATURDAY DECEMBER 14<sup>TH</sup>, 2013**

GLENWOOD MIDDLE SCHOOL  
1015 44<sup>TH</sup> STREET NW  
CANTON, OHIO 44709

### **ENTRY FEES:**

**\$40.00 FOR BENCH PRESS**

**\$40.00 FOR DEADLIFT**

**\$65.00 FOR IRONMAN (BENCH PRESS & DEADLIFT COMBINED)**

**\*\*\* ADDITIONAL DIVISIONS ARE \$25.00 \*\*\***

**TEAM ENTRY IS \$50.00 FOR 5 LIFTER TEAM.**

### **DIVISIONS:** (-ALL DIVISIONS RAW AND/OR EQUIPPED-)

**OPEN MEN, OPEN WOMEN, POLICE FIRE & MILITARY,  
SUBMASTER (33-39), MASTERS (40-49), MASTERS (50-59), MASTERS (60-OVER),  
HIGH SCHOOL (FR-SO), HIGH SCHOOL (JR-SR)**

### **WEIGHT CLASSES:**

**WOMEN- 114, 123, 132, 148, 165, 181, SHW**

**MEN- 114, 123, 132, 148, 165, 181, 198, 220, 242, 259, 275, 308, SHW**

### **WEIGH-IN:**

**EVENING WEIGH-INS WILL BE CONDUCTED FRIDAY DECEMBER 13<sup>TH</sup> FROM 4PM TO 7PM  
AT THE MEET SITE (ADDRESS LISTED ABOVE).**

**\*\*\* ALL WEIGH-INS WILL BE CONDUCTED AT THE MEET SITE \*\*\***

**MORNING WEIGH-INS WILL BE CONDUCTED MEET DAY AT THE MEET SITE FROM 6AM TO  
7AM. NO WEIGH-INS WILL BE CONDUCTED AFTER 7AM ON THE DAY OF THE MEET, NO  
EXCEPTIONS. RULES MEETING WILL BE HELD AT 7:15AM WITH LIFTING STARTING  
PROMPTLY AT 8:00AM.**

### **EQUIPMENT:**

**RAW DIVISION- BELT, WRIST WRAPS ONLY.**

**EQUIPPED DIVISION- SINGLE AND DOUBLE PLY SHIRTS AND SUITS ARE PERMITTED  
(POLY, CANVAS OR DENIM). ALL DEADLIFTERS MUST HAVE SOME SORT OF**

**SHOE/SLIPPER TYPE FOOT COVERING. NO BAREFOOT LIFTING, OR LIFTING IN SOCKS WILL BE PERMITTED. BRING ALL GEAR TO WEIGH IN FOR APPROVAL.**

**\*\*\* NO TRIPLE-PLY SHIRTS, SUITS, ELBOW WRAPS, GLOVES, SLEEVES OR STICKY SPRAY OF ANY KIND WILL BE PERMITTED. ONE PIECE LIFTING SUIT (SINGLET) IS ENCOURAGED BUT NOT REQUIRED.**

### **HOTEL ACCOMMODATIONS:**

**THERE ARE MULTIPLE HOTELS LOCATED IN THE BELDEN VILLAGE AREA. WE DID NOT MAKE A CONTRACTUAL OBLIGATION TO ANY PARTICULAR HOTEL THIS YEAR. MANY OF THE HOTELS IN THE BELDEN VILLAGE AREA OFFER ROOM RATES IN THE \$50.00 TO \$75.00 PER NIGHT RANGE WITH A WIDE VARIETY OF RESTAURANTS, SHOPPING AND OTHER ACTIVITIES.**

### **ENTRY DEADLINE:**

**ALL ENTRY FORMS MUST BE IN HAND BY SATURDAY DECEMBER 7TH, 2013. INDIVIDUALS WHO WISH TO ENTER AFTER THE DEADLINE OR THE DAY OF THE EVENT MUST ADD A \$10.00 LATE FEE AND WILL RECEIVE A MEET SHIRT AND/OR TROPHY BASED ON AVAILABILITY. NO WALK-IN ENTRIES AFTER 6:45AM ON MEET DAY. PLEASE GET YOUR ENTRIES IN TO GUARANTEE PARTICIPATION.**

### **AWARDS:**

**TROPHIES WILL BE PRESENTED FOR 1<sup>ST</sup>-5<sup>TH</sup> PLACE IN ALL CLASSES AND DIVISIONS. ALL AWARDS WILL BE PRESENTED AT THE CONCLUSION OF THE MEET, IF YOU ARE UNABLE TO STAY FOR TROPHY PRESENTATION, PLEASE MAKE ARRAIGNMENTS. NO AWARDS WILL BE GIVEN PRIOR TO TROPHY PRESENTATION.**

### **ADMISSION / SHIRTS:**

**ADMISSION FEE TO THE EVENT WILL BE \$5.00, CHILDREN 10 AND UNDER ARE FREE. ICG SHIRTS WILL BE AVAILABLE FOR PURCHASE AT THE EVENT.**

*This meet has grown to be the biggest non-sanctioned push pull meet in the state. We have averaged 95+ lifters each year, last year's event was the biggest to date with a 107 lifter turnout. As those who have competed in our events will tell you, it is a well run, high intensity, lifter friendly atmosphere perfect for everyone from the beginner to the World Champion lifter. We also strongly encourage family and fan involvement and support so please bring your families along. It has also been reported that Santa Claus will be making an appearance at the event with toys for every child in attendance. Refreshments will be available for purchase as well for a very reasonable price. Please pass the word to anyone you feel may be interested. Our goal is to put on the greatest meet you have ever competed in. You will be competing on stage, under the lights, in front of an auditorium full of fans complete with a chest pounding DJ. Every lifter will also receive an ICG T-Shirt. We put everything we can back into the meet to give you the ultimate powerlifting experience. We sincerely appreciate your support of The Iron Chamber Gym and our event and look forward to having you join our family. See you all in December.*

## **-THIS EVENT WILL BE LIMITED TO 125 LIFTERS-**

**PLEASE DO NOT HESITATE IN MAILING IN YOUR ENTRY FORMS AS WE CAN NOT EXCEED THE LIFTER PARTICIPATION LIMIT. LAST MINUTE ENTRIES WILL BE BASED ON THE NUMBER OF LIFTERS WHO ENTERED BEFORE THE ENTRY DEADLINE. PLEASE ENTER ON TIME TO ENSURE YOUR PARTICIPATION.**

**FOR QUESTIONS OR FOR ADDITIONAL ENTRY FORMS PLEASE CONTACT  
JEFFREY BEGUE AT (330) 844-1011 - E-MAIL [ICG-PRIDE@HOTMAIL.COM](mailto:ICG-PRIDE@HOTMAIL.COM)**

**WEBSITE- [WWW.ICG-PRIDE.NET](http://WWW.ICG-PRIDE.NET)**

**FACEBOOK- [WWW.FACEBOOK.COM/ICGPRIDE](http://WWW.FACEBOOK.COM/ICGPRIDE)**

**TWITTER- [WWW.TWITTER.COM/ICGPRIDE](http://WWW.TWITTER.COM/ICGPRIDE)**



**DEADLIFT:****RAW****EQUIPPED****OPEN****OPEN WOMEN****POLICE/FIRE & MILITARY****SUBMASTER (33-39)****MASTERS (40-49)****MASTERS (50-59)****MASTERS (60-OVER)****HIGH SCHOOL (FR-SO)****HIGH SCHOOL (JR-SR)****IRONMAN:****RAW****EQUIPPED****OPEN****OPEN WOMEN****POLICE/FIRE & MILITARY****SUBMASTER (33-39)****MASTERS (40-49)****MASTERS (50-59)****MASTERS (60-OVER)****HIGH SCHOOL (FR-SO)****HIGH SCHOOL (JR-SR)****ALL COMPETITORS MUST SIGN WAIVER BELOW**

**MY SIGNATURE BELOW CONFIRMS THAT I AGREE AND UNDERSTAND THAT I AM COMPETING IN THE IRON CHAMBER GYM BENCH PRESS & DEADLIFT CHAMPIONSHIPS HELD AT GLENWOOD MIDDLE SCHOOL UNDER MY OWN FREE WILL AND THEREFORE AT MY OWN RISK. IN THE EVENT AN INJURY SHOULD OCCUR, I WILL NOT HOLD ANY MEMBER OF THE IRON CHAMBER GYM, GLENWOOD MIDDLE SCHOOL (EMPLOYEE OR GUEST), PLAIN LOCAL SCHOOLS, PLAIN LOCAL BOARD OF EDUCATION OR ANYONE AFFILIATED WITH THIS MEET IN ANY WAY LIABLE OR RESPONSIBLE.**

**SIGNATURE (PARENT OR GUARDIAN IF UNDER 18):**

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**MAIL ENTRY FORMS WITH CHECK OR MONEY ORDER TO:**

**THE IRON CHAMBER GYM, LLC  
ATTN: JEFFREY BEGUE  
P.O. Box 89  
MIDDLEBRANCH, OHIO 44652**



WE ARE SEEKING ANY INTERESTED FRIENDS OF THE IRON CHAMBER GYM AND OR LOCAL BUSINESSES THAT MAY BE INTERESTED IN MAKING A DONATION TO BENEFIT THE IRON CHAMBER GYM AND THE 2013 ICG BENCH PRESS AND DEADLIFT CHAMPIONSHIPS. SEEKING SPONSORSHIP/DONATIONS WILL ENABLE US TO KEEP COSTS DOWN FOR COMPETITORS WHILE STILL OFFERING THE EXPECTED QUALITY ICG EVENTS. IT IS ALSO AN OPPORTUNITY FOR BUSINESSES TO DISPLAY PRODUCTS TO THE COMPETITORS AND SPECTATORS OF THE EVENT. IF YOU ARE INTERESTED IN SUPPORTING THE ICG BY DONATION, OR OWN/REPRESENT A LOCAL BUSINESS THAT MAY BE INTERESTED IN SETTING UP A VENDORS TABLE. PLEASE FILL OUT THE FORM BELOW. RECEIPTS ARE AVAILABLE TO ALL WHO REQUEST ONE.

WE APPRECIATE YOUR ASSISTANCE IN MAKING THE ICG AND THE 2013 ICG BP & DL CHAMPIONSHIPS THE BEST IT CAN BE.

### SPONSORSHIP/DONATION

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

COMPANY/RELATIONSHIP: \_\_\_\_\_

IF YOU WOULD LIKE A RECEIPT, PLEASE LIST MAILING ADDRESS:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

WILL YOU REQUIRE A VENDORS TABLE AT THE MEET? (\$50.00 FOR 8' TABLE)

YES

NO

*We greatly appreciate your support of the ICG.*

