



THE IRON CHAMBER GYM

-BENCH PRESS & DEADLIFT CHAMPIONSHIPS- SATURDAY, DECEMBER 12TH, 2015

GLENWOOD MIDDLE SCHOOL
1015 44TH 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 11TH 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 5TH, 2015. 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 1ST-5TH 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 90+ lifters 6 consecutive years. 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 100 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
WEBSITE- WWW.ICG-PRIDE.NET
FACEBOOK- WWW.FACEBOOK.COM/ICGPRIDE**

THE IRON CHAMBER GYM

BENCH PRESS AND DEADLIFT CHAMPIONSHIPS

NAME: _____ AGE: _____ SEX: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

WEIGHT CLASS: _____ PHONE NUMBER: _____

T-SHIRT SIZE: (CIRCLE ONE): S M L XL 2X 3X

PLEASE LIST SOME PERSONAL INFORMATION ABOUT YOURSELF IN THE LINES PROVIDED FOR OUR ANNOUNCER. YOU MAY INCLUDE ANYTHING FROM YOUR ACHIEVEMENTS, OCCUPATION, YEARS TRAINING, THE GYM YOU ARE REPRESENTING (AND WHERE IT IS LOCATED) AND SO ON.

GYM NAME: _____

PERSONAL INFORMATION: _____

DIVISION (S) ENTERED: (CIRCLE ALL THAT APPLY):

(BENCH PRESS OR DEADLIFT DIVISIONS ARE \$40.00 FOR FIRST DIVISION AND \$25.00 FOR EACH ADDITIONAL DIVISION. IRONMAN DIVISIONS ARE \$65.00 FOR THE FIRST DIVISION AND \$25.00 FOR EACH ADDITIONAL DIVISION.)

BENCH PRESS:

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)

<u>DEADLIFT:</u>	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)

<u>IRONMAN:</u>	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):

MAIL ENTRY FORMS WITH CHECK OR MONEY ORDER TO:

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



THE IRON CHAMBER GYM

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 2015 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 2015 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.

