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| **SEPTEMBER 21, 2013**  **SOUTHERN POWERLIFTING FEDERATION**  **MY FIT FOODS HOUSTON OPEN**  **HUMBLE CIVIC CENTER**  **8233 WILL CLAYTON BLVD**  **HUMBLE, TX. 77338**  Print Full Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age:\_\_\_ Date of Birth\_\_\_\_\_\_\_\_\_\_\_\_\_ Male/Female  Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State: \_\_\_\_\_\_\_ Zip: \_\_\_\_\_\_\_  Phone No: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **ONLY ACCEPTING 85 ENTRIES/ NO REFUNDS**  **ENTRY MUST BE IN HAND BY SEPT. 1, 2013 OR IT IS LATE**  **ANY ENTRY AFTER Sept. 1, 2013 WILL PAY A LATE FEE OF $30.00**  **FOR ALL RULES, PLEASE GO TO:** <http://southernpowerlifting.com/form.php?id=5>  **EVENTS (CIRCLE THE EVENTS BELOW YOU WANT TO LIFT IN)**  **Full Power-lifting - $95.00**  **PUSH/PULL Only - $90.00/$60 if added event**  **Squat Only - $90.00/$60 if added event**  **Bench Only - $85.00/$60 if added event**  **Deadlift Only -$ 85.00/$60 if added event**  **Bench Press 225 for reps $60.00/$60 if added event**  **You** **can enter more than one event if you would like, just check the events you want to enter. It is $60 for any added division or event. Example Full Meet $95+Bench only add $60 total= $155. If a lifter enters the Open and Sub-Master Full, then it is $95 for the first division and $60 for the second.**  **All Lifters must wear a Singlet**  **And send the appropriate fees according to the contest you are entering.**  **RAW**\_\_\_\_ **SINGLE-PLY**\_\_\_\_ **MULTI-PLY**\_\_\_\_  **Raw means Belt, Wrist Wraps, and Knee Wraps**  **Single-Ply means: Single-ply Suit, Single-Ply briefs, Single-ply Shirt.**  **DIVISIONS/PLEASE ADD $60.00 FOR EACH ADDITIONAL DIVISION ENTERED** Open\_\_\_\_\_ Teen(Age Group) \_\_\_\_\_\_\_ Junior(20-23)\_\_\_\_\_ Police , Fire, Military\_\_\_\_\_  Sub-masters(33-39)\_\_\_\_\_\_\_   Masters(Age Group)\_\_\_\_\_\_\_\_  **Wt. Class:** 97\_\_\_114\_\_\_123\_\_\_132\_\_\_148\_\_\_165\_\_\_181\_\_\_198\_\_\_220\_\_\_242\_\_\_259\_\_\_275\_\_\_308\_\_\_SHW\_\_\_\_\_  Disclaimer: Read Carefully: When you sign, legal rights will be surrendered! I HEREBY, for myself and my heirs release any and all rights/claims for damages or injuries I may have against SPF®, Jesse Rodgers , Humble Civic Center, City of Humble, Paul “Tiny” Meeker, Tiny Meeker’s Power Station, Power Sugar, Alex Barajas, Team Swoll Gym, My Fit Foods, Dr. Nerenberg, GLC Direct, Zeus Mortgage, and any and all participating sponsors, supporters, referees, spotters-loaders, or any other authorized meet personal as a result of my traveling to, participating in, or traveling from this SPF contest. I make this release and waiver claim will full knowledge of the hazards and inherent risks associated with the above mentioned competition. I expressly assume the risk of injury if using the thumb-less or “suicide” bench press grip and of any and all property damage/loss.  Lifter Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Parent or Legal Guardian if lifter is under 18  **SEND ENTRY FORM, ENTRY FEES, SPF CARD MONEY TO:**  **TINY MEEKER 18031 Overlook Park Ct. Humble, TX. 77346.MAKE MONEY ORDERS(NO CHECKS) TO TINY MEEKER**  **FOR MORE INFORMATION PLEASE CONTACT**  **Meet Director – Tiny Meeker 832-423-7662**  [**pmtiny705@aol.com**](mailto:pmtiny705@aol.com)  Co-Director – Alex Barajas 832-790-2746  [alexb@teamswoll.com](mailto:alexb@teamswoll.com) contact Alex for a free Hybrid Training Session    **Humble, TX. 77**A **Also: Make all MONEY ORDERS(NO CHECKS) to TINY MEEKER**    **Mail all entry forms and fees to:**  **Tiny Meeker**  **18031 Overlook Park Ct.**  **Humble, TX. 77346**  **ALL LIFTERS MUST WEAR A SINGLET**  **Raw means Belt, Wrist Wraps, and Knee Wraps**  **Single Ply equipment means: Single ply Suit, single Ply briefs,**  **and Single Ply Shirt.**    **Divisions: Teenage 13-15, 16-17, 18-19, Juniors 20-23, Women, Men, Sub-Masters,**  **Police and Fire, Masters 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74,75-79, 80+**      **After the date Sept. 1, 2013 there will be a $30.00 late fee.**    **Must have a current Membership card. if not you can**  **purchase a SPF card at the meet for $30.00 for Adults and $20.00 for Teenage**  **These Membership fees can be paid at the meet to Tiny Meeker**      **Weigh In Times: Friday 4PM-9PM at the Humble Civic Center 8233 Will Clayton Blvd, Humble, TX. 77338**  **NO SATURDAY WEIGH-INS**  **Doors open at 8:00am.**  **Lifters/Rules Meeting 8:45am.**  **Meet Starts at 9:30am.**  **MEET HOTEL**  **Fairfield Inn Humble**  **20525 Highway 59**  **Humble, TX. 77338**  **281-540-3311**  **Mention: SPF/Southern Powerlifting or Tiny Meeker for $85 room rate.**  **All records can be set at this event.**  **General Admission: $10.00 Adults, Students $5.00, Kids 10 and under Free**  **Awards: 1st – 3rd Awards in all Divisions and weight classes**. **Best Lifter (Must have 6 lifters in the division)** |



