

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 Food, 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 MEEKEI

FOR MORE INFORMATION PLEASE CONTACT

Meet Director – Tiny Meeker 832-423-7662

pmtiny705@aol.com

Co-Director – Alex Barajas 832-790-2746

alexbarajas@teamswool.com contact Alex for a free Hybrid Training Session

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

