

METAL MILITIA Powerlifting Federation Presents:

# The Northeast Power Bowl V Powerlifting Championship

Full Power, Push/Pull, Bench Only Deadlift Only)

## Saturday, May 5th, 2018

**Location:** Universal Athletics Event Center (Straight down the parking lot from the gym)  
1901 S 12<sup>th</sup> Street  
Allentown Pa, 18103

**MEET DIRECTOR(s):** David Barth, direct contact (484)554-0532 Email: [david@universalathletics.org](mailto:david@universalathletics.org)  
Maggie Faulkner; Email: [Magfaulkner@gmail.com](mailto:Magfaulkner@gmail.com)

**Weigh-ins:** At Universal Athletics (same as meet address)

**Friday May 4<sup>th</sup>, 8 am - 8 pm and**

**Saturday, May 5<sup>th</sup>, 7 am – 8 am**

Mandatory competitor meeting is at 9 am. Competition lifting starts at 10 am.

**Entry Fee(s):** Full Power - \$85; Bench - \$65, Deadlift -\$65, Ironman - \$75. 2<sup>nd</sup> Category (Crossover) +\$35.

**Note** – Late Entries posted after April 25, 2017 may be accepted only if there is space available. Late fee for entries posted after April 25<sup>th</sup> will be \$35. There is a 50 lifter limit to this event.

**Spectator Fee** –\$10

**Payment:** Make check payable to: **David Barth**

**Mail entry form and check to:** Universal Athletics Fitness Center, 1901 s 12<sup>th</sup> Street, Allentown Pa, 18103.

**Membership:** Each competitor must have a valid MMP (METAL MILITIA POWERLIFTING) Membership card. You can purchase this before the meet at [metalmilitiapowerlifting.com](http://metalmilitiapowerlifting.com)

**Awards:** Custom placards will be awarded to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place for each age and weight division. Best lifter will receive a trophy worthy of their great accomplishment!

**EQUIPMENT:** Must meet MMP specifications. One Piece suit must be worn for all events.

**Please note:** according to MMP rules, knee wraps and belt and wrist wraps are allowed in the raw division.

**Information:** [metalmilitiapowerlifting.com](http://metalmilitiapowerlifting.com) and [metalmilitia.ca](http://metalmilitia.ca)

Music will be loud, and of course all METAL MILITIA EQUIPMENT will be used on the platform!

Northeast Power Bowl V will be held at  
Merchant Square Mall Event Center,  
1901 S 12<sup>TH</sup> STREET  
ALLENTOWN PA, 18103  
(Building at the end of Universal Athletics Parking lot)

# Northeast Power Bowl V

Name: \_\_\_\_\_ Age on May 5<sup>th</sup>: \_\_\_\_\_ Birth date: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone # ( \_\_\_\_\_ ) \_\_\_\_\_  
Metal Militia Card Expiration: \_\_\_\_\_ Email: \_\_\_\_\_  
(Cards can be purchased at the weigh-in)

## Please Circle the weight class you are entering:

Men's:

Weight Classes: 114LB 123LB 132LB 148LB 165LB 181LB 198LB 220LB 242LB 275LB 308LB SHW

Women's

Weight Classes: 97LB 105LB 114LB 123LB 132LB 148LB 165LB 181LB 198LB 198+LB

## Please Check mark your event or events you are competing in:

FULL POWER: RAW \_\_\_ EQUIPPED \_\_\_  
BENCH PRESS ONLY: RAW \_\_\_ EQUIPPED \_\_\_  
DEADLIFT ONLY: RAW \_\_\_ EQUIPPED \_\_\_  
PUSH PULL: RAW \_\_\_ EQUIPPED \_\_\_

## Please circle the division or divisions you will be competing in:

Open, Junior 13-15, 16-17, 18-19, 20-23, Sub-master 35-39,

Master 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80

T-shirts will be available for sale, pre order is \$15.00. Please include this amount with your entry fee if you are interested.  
Shirts will also be on sale at the event for \$20.00

Shirt size: small \_\_\_ medium \_\_\_ large \_\_\_ xl \_\_\_ xxl \_\_\_ xxxl \_\_\_ xxxxl \_\_\_

Total shirt order amount \$ \_\_\_\_\_

Total amount enclosed (entry and or t-shirt) \$ \_\_\_\_\_

**ENTRY DEADLINE: Postmarked by Wednesday, April 15<sup>th</sup>, 2018. \$35 late fee if sent after deadline**

*Disclaimer:*

## RELEASE FROM LIABILITY

In consideration of the acceptance of my entry form in this power lifting competition, I intend to be legally bound for not only myself, but also for my heirs, executors and administrators. In signing this release from liability, I wave and release any and all rights or claims for damages I may have against METAL MILITIA POWERLIFTING, UNIVERSAL ATHLETICS FITNESS CENTER LLC., the organizers, volunteers or the sponsors of this contest.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parents (if under 21 years) \_\_\_\_\_

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