

# DAVE PARKS MEMORIAL PUSH / PULL



**Saturday, April 20th, 2019**

**at the NEW MADTOWN FITNESS WEST  
1509 Emil St. Madison, WI 53713**

# THE DAVE PARKS MEMORIAL

## PUSH/PULL, BENCH ONLY, and DEADLIFT ONLY

<u>Name (first, last)</u>	<u>Gender</u>
<u>Address</u>	<u>City, State, Zip</u>
<u>Email</u>	<u>Phone (with area code)</u>
<u>Age (as of 4/20/19)</u>	<u>Weight class (See Below)</u>

**Powerlifting Open Men:** 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW

**Powerlifting Open Women:** 97, 105, 114, 123, 132, 148, 165, 181, 198, 220 and 221+

**This Meet is RAW OR EQUIPPED**

**Participants may choose to compete as PUSH/PULL, BENCH ONLY, or DEADLIFT ONLY.**

**PLEASE INDICATE:**

<input type="checkbox"/> PUSH/ PULL	\$65.00	TOTAL DUE: \$ _____
<input type="checkbox"/> BP ONLY	\$50.00	<b>PLEASE DO NOT MAIL CASH</b>
<input type="checkbox"/> DL ONLY	\$50.00	
<input type="checkbox"/> LATE FEE	\$20.00	

(In hand after 4/8)

**CHECK HERE IF PLANNING TO LIFT EQUIPPED**

**\*\*ALL PROCEEDS FROM THIS MEET, INCLUDING ENTRY FEES, SPECTATOR FEES, AND CONCESSIONS WILL BE DONATED ON BEHALF OF THE PARKS FAMILY**

**ALL ENTRY FEES AND FORMS ARE DUE BY: MONDAY, APRIL 8th**

**Entries IN HAND after 4/8 MUST include \$20 LATE FEE.**

**NO MAILED ENTRIES ACCEPTED AFTER MONDAY, 4/15 \*Must be IN HAND, NOT postmarked**

**Mail all entries to Madtown Fitness: Madtown Fitness-EAST: 2418 Pennsylvania Ave.  
Madison, WI 53704**

**Make all Checks payable to MADTOWN FITNESS**

For **questions**, please contact us at [Madtownfitnessgym@gmail.com](mailto:Madtownfitnessgym@gmail.com)

or call **Dan Pasholk** at 262-490-4699

**Disclaimer - Read Carefully:** When you sign this document, you agree to the following terms and conditions: Upon entering Madtown Fitness, all participants are required to sign a Waiver of Liability stating that you are releasing any and all rights/ claims for damages or injuries you may have against Madtown Fitness and all and any sponsors, judges, spotters, loaders and all other authorized meet personal; ENTRY FEES ARE NONREFUNDABLE in any and all situations; You will arrive on-time for weigh-ins & understand that your weight class may change if weight is missed.

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

(if under 18, parent or legal gardian signature)

**\*\*MAIL IN PAGE 1 AND 2 ONLY\*\***

**PLEASE KEEP THIS PAGE**

**Powerlifting Meet Details - Saturday, April 20th**

- **WEIGH INS: at the *NEW Madtown Fitness WEST location (1509 Emil St)***
- **Friday, April 19th from 10AM to NOON**
- **Saturday, April 20th from 7AM-9AM**
  
- **RULES MEETING: 930AM**
  
- **MEET START: 10AM**

**\*\*The order of the lifts is bench press, then deadlift.**

**DIVISIONS:** Normal powerlifting weight classes will apply, as listed on the entry form. Best lifter awards will be given for highest wilks coefficient for total for men and for women. Best lifter awards will also be given for best bench press and best deadlift.

**WEIGHT CLASSES:**

**Powerlifting Open Men:** 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW

**Powerlifting Open Women:** 97, 105, 114, 123, 132, 148, 165, 181, 198, 220 and 221+

**EQUIPMENT:**

This Meet Is RAW OR EQUIPPED: Lifting Suits and Shirts are allowed in the Equipped Division. Wrist WRAPS are allowed on all lifts. Wrist STRAPS are not. Compression cuffs are allowed, but can not cover the elbow joint on bench press. If you do not wear a singlet, you may lift in a t shirt and shorts. Shorts can NOT be baggy. If they interfere with our ability to tell whether your butt stays on the bench during the bench press, you may be disqualified from the lift. Lifters must wear shoes during all lifts, deadlift slippers are allowed. A lifting belt is allowed on all lifts.

**COMMANDS:**

Squat: There will be a start and rack command on squat. Knees must be fully locked before the start and rack commands will be given.

Bench Press: There will be no start command. When the bar becomes motionless while touching the lifters chest there will be a press command. There will be a rack command upon completion.

Deadlift: Upon completion of the lift there will be a down command.

**FORM RULES:**

Squat: Lifter must break parallel in order to avoid being red lighted for depth

Bench Press: No bouncing or "sinking" the bar into the chest.

Deadlift: No hitching or ramping.

This will be elaborated on during the rules meeting.