

BLUE COLLAR BARBELL PRESENTS THE SPF SPRING MANIA  
POWERLIFTING CHAMPIONSHIPS  
APRIL 18, 2020 START TIME 10 AM

MEET DIRECTORS: SHAWNA MENDELSON/ JAY CURRY

SPONSORED BY: BLUE COLLAR BARBELL, INZER ADVANCE DESIGNS, SWOLEHOUSE MEALS

EVENT LOCATION: BLUE COLLAR BARBELL  
230 KNICKERBOCKER AVE SUITE H BOHEMIA, NY 11716.

MONEYORDERS/CASH/ VENMO OR CREDIT CARD. CREDITCARD HAS A \$5.00 PROCESSING FEE.

MAIL REGISTRATIONS TO: **SHAWNA MENDELSON**  
**BLUE COLLAR BARBELL 230 KNICKERBOCKER AVE UNIT H, BOHEMIA NY 11716**

ELIGIBILITY : Open to all SPF Registered Athletes.  
Go to [www.southernpowerlifting.com](http://www.southernpowerlifting.com) to register.

WEIGH-IN: BLUE COLLAR BARBELL  
230 KNICKERBOCKER AVE, SUITE H BOHEMIA, NY  
**24 hour weigh in rule will apply.**  
FRIDAY APRIL 19<sup>TH</sup> 2020  
**10am-12, then from 5-7pm.**

SATURDAY MORNING WEIGH-IN  
**8:30AM – 9:00am**  
Raw, Raw with Wraps, and Multiply!

COMPETITION: Mandatory rules briefing Saturday at 9am

LIFTING SCHEDULE: SATURDAY APRIL 18, 2020 . The meet will start at 10 am Sharp!

UNIFORM: Mandatory –  
Must have a one piece lifting suit or wrestling singlet, and long socks!  
SPF RULES GO TO [WWW.SOUTHERNPOWERLIFTING.COM](http://WWW.SOUTHERNPOWERLIFTING.COM)

CONTEST LIFTS: Full Power, Bench Press – Deadlift and/or Bench Press Only

ENTRY FEE: \$125.00 Full Power, Push/Pull \$100.00, \$80.00 Bench Only, \$60 Deadlift Only  
\$25 CROSSOVER FEE  
**ENTRIES MUST BE IN BY AUGUST 31ST.**

AWARDS: 1-3<sup>rd</sup> place and Best Lifter in each category based on content of entries.

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BLUE COLLAR BARBELL PRESENTS THE SPF POWERLIFTING SPRING MANIA  
POWERLIFTING CHAMPIONSHIPS

SATURDAY APRIL 18, 2020

**Events:**  FULL POWER  BENCH ONLY  IRONMAN  DEADLIFT ONLY  
**Gender:**  MALE  FEMALE  
**Equipment:**  RAW CLASSIC  RAW W WRAPS  MULTI-PLY  
**Divisions:**  PROFESSIONAL  AMATEUR  
**Sub-Divisions:**  Open Men  Open Women  Teen  Junior  Submaster  Master  Police  
**Weight Class:** \_\_\_\_\_ **SPF Expiration Date:** \_\_\_\_\_

Name: \_\_\_\_\_ Age \_\_\_\_\_ Birth Date \_\_\_\_\_

Street Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email Address \_\_\_\_\_

**ENTRY DEADLINE: MARCH 25, 2020**

**FEES:** Full Power \$125.00 per division  
Push/Pull: \$100.00 per division  
Bench Only: \$80.00 per division, Deadlift only \$60.00  
\$25.00 CROSSEVER FEE  
Total Due: \$ \_\_\_\_\_  
CREDIT CARD # \_\_\_\_\_

**Paid: #CC  Cash  Money Order/Cashiers Check/ VENMO**

**SPF MEMBERSHIPS MUST BE PAID FOR SEPARATELY FROM THE ENTRY. SPF CARDS ARE AVAILABLE FOR PURCHASE IN ADVANCE ONLINE AT FOR AN ANNUAL FEE OF \$32 WWW.SOUTHERNPOWERLIFTING.COM**

**Payment must accompany entry form. Mailed entries must be postmarked by MARCH 25<sup>TH</sup> 2020!**  
**MONEY ORDERS PAYABLE TO: SHAWNA MENDELSON**

**SEND TO : BLUE COLLAR BARBELL 230 KNICKERBOCKER AVE UNIT H, BOHEMIA NY 11716**

Questions? Contact SHAWNA MENDELSON AT [BLUECOLLARBARBELL1@GMAIL.COM](mailto:BLUECOLLARBARBELL1@GMAIL.COM)

**WAIVER**

In consideration of the acceptance of this entry, I hereby for myself, my heirs, executors, and administrators waive and release any and all rights and claims for damages I may have against the SPF, SHAWNA MENDELSON, JAY CURRY, BLUECOLLARBARBELL, their representatives, successors, and assigns for any and all injuries or bodily harm that I might suffer while competing at the Blue Collar Barbell SPF POWERLIFTING SPRING MANIA Powerlifting Championships.

Signature of Applicant: \_\_\_\_\_

Date: \_\_\_\_\_