

BEAST OF THE NORTHEAST

Saturday, March 11, 2023

Bench/Deadlift/Ironman

Days Inn

210 Ludlow Street

Warren, Pa 16365 (814) 726-3000

Weigh In: Friday, 3/10/23, 5 pm- 6:30pm – Meet site.

Saturday, 3/11/23-, 8:00 am – 9:30 am

MEET STARTS AT 10:30 A.M.

General Admission: \$5.00

Awards: 1st through 4th in all classes. Awards for all places provided by ~~Skulptures~~ by Seeker

Lifting singlet or tight shorts must be worn. Meet will have sanctioned and unsanctioned contests and run according to the rules of the XPS. If lifting XPS must have singlet.

There will be a Raw divisions and Geared divisions per weight class and age division.

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

WOMEN: 97-105-114-123-132-148-165-181-198-SHW

AGE DIVISIONS: Youth, Teenage 13-15, 16-17, 18-19

Open 20 and older

Sub master 33-39

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

Meet director: Walk Ins accepted day of meet or mail entry form with check or money order to:

Carl Seeker cseeker@lakeshorecs.org

24 Jefferson Street

Warren, PA 16365 (814)706-2321

Name	WT Class	Age Div.
Age/Birthdate		
\$60 Bench	\$60 Dead lift	\$60 Ironman

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 waive and release everyone connected with this competition from any and all liability and negligence which may arise from it.

Signature of Applicant _____

Signature of parent if under 18