



DEADLIFTS FOR DOGS

Saturday May 25th, 2019

Event Location: DK Barbell & Performance Training
8450 Wicker Ave
St. John, IN 46373

Check-In: Please arrive by 8am to check in.

Lifting: Lifting will begin at 9am for men, 10am for women.

Description: DK Barbell is hosting a deadlift exhibition event on Saturday, May 25th, to raise money for the local humane society, Humane Indiana. This event is open to all levels of ability and experience and will be a great opportunity to spend the morning with other iron-lifting animal lovers. An open house will be held from 9am – 1pm and Humane Indiana's Mobile Adoption Vehicle will be on site with 3-5 animals available for adoption. All proceeds from entry fees, spectators, and event t-shirts will benefit Humane Indiana.

Open House hours are from 9am – 1pm. The Humane Society Mobile Adoption Vehicle will be on site from 9am – 1pm. Check-in for lifters will be at 8am. Following check-ins, there will be a brief lifters' meeting then lifters will be able to warmup. The meet will start at 9am for men, 10am for women.

Uniform: Must have long socks and closed-toed shoes. Deadlift slippers are permitted. Singlets are NOT required. Belts, sleeves, and wraps are allowed. Wrist straps are not permitted.

Rules:

- This is unsanctioned, charity exhibition. Official judges will not be present, weights are not calibrated, and official records may not be set. While this is an informal event, it is expected that lifters show respect to the equipment, other lifters, and any spectators present.
- Lifters will have 3 attempts.
- Upon receiving the "bar is loaded" command, lifters will have 60 seconds to begin their attempt.
- Lifters will receive a "down" command once knees are locked and the shoulders are back.
- Control of the bar must be maintained until it is returned to the platform.

Weight Classes: None. Lifters will weigh in at Check In to determine their Wilks coefficient.

Awards: Awards will be given to best male and female lifters. Best lifters will be determined by their Wilks score.

Entry Fee: \$50.00. Entry fee must accompany this entry form and is due Saturday May 4th. Checks may be made out to DK Barbell. Entry fee includes an event t-shirt. Please indicate shirt size on entry form.

Spectators: Spectators are encouraged to attend to support their friends and family members participating in the event, and of course Humane Indiana. Admission is \$10 for spectators (cash only).

Please contact Dave Knoerzer at dkbarbell@gmail.com with any questions.



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Official Entry Form

DUE SATURDAY MAY 4th

Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Age: _____

Email: _____ DOB: _____

Emergency Contact: _____ Phone: _____

Shirt Size (Included in \$50 entry fee):

- Small
- Medium
- Large
- XL
- XXL
- XXXL

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 Humane Indiana, David Knoerzer, DK Barbell and Performance Training, LLC and their representatives, successors, and assigns for any and all injuries or bodily harm that I might suffer while competing at this event.

Signature

Parent or Guardian (if under 18)

Please return registration and entry fee by Saturday, May 4, 2019 to:

**DK Barbell
8450 Wicker Ave
St. John, IN 46373**

Please make checks payable to DK Barbell