



**5th Annual  
Irish Strong Man  
Bench Press Competition  
Weigh In Begins at 10:00 am  
Lift Off is 11:00 am**

**Saturday March 13, 2010**

**Register At The Clover YMCA 107 S. Main St. Clover, SC 29710 803-222-9622  
Mail-in forms accepted—or online at [www.upymca.org](http://www.upymca.org)**

**Gender and Weight Categories, T-Shirts, Awards, Refreshments,  
St. Patrick's Day Festival Afterwards!**

**Early Entry (Through 3/10/2010 = \$10**

**Day of the Event = \$15**

**If you do not want to lift, then consider volunteering!**

**All proceeds go toward our YMCA Programs for Disabilities.**

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**Irish Strong Man Contest Entry Form**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Age** \_\_\_\_\_ **Gender** \_\_\_\_\_

**Weight** \_\_\_\_\_



In consideration of my entry into this event being accepted, I intend to be legally bound, and do hereby, for myself, my heirs, executors, waive and release all rights and directed claims for damages which may have or which may hereinafter accrue to me against the Clover YMCA, respective officers, agents, directors, volunteers, sponsors, advertisers, representatives, successors, assigns, for any and all damages or injuries which may be sustained and suffered by me in connection with my association with entry or participation in this event as is mentioned above. If I should suffer injury or illness I authorize officials of the race to use their discretion to have me transported to a medical facility, and I take full responsibility for this actions. I attest and certify that I am physically fit and have sufficiently trained for the completion of this event. Event run rain or shine. I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

**Participant or Parent/Guardian if under 18 Signature** \_\_\_\_\_ **Date:** \_\_\_\_\_