

19-TIME WORLD POWERLIFTING CHAMPION

*George Herring*

PRESENT

2010 GRAND OPENING BP/DL CHAMPIONSHIP  
ALL FEDERATIONS/BEGINNERS WELCOME!

**RECORD BREAKERS**

**MEET DATE:**

Saturday, AUG. 28, 2010

**MEET LOCATION:**

**BODY BY GEORGE GYM**

3540 HIWAY 78

LOGANVILLE, GA. 30052

***Great Awards, Music, Food and Fun***

\*Weigh-in: 2pm – 8pm, Friday, AUG 27 2010 at the GYM . SATURDAY 8-9 A.M. AT THE GYM.

\*Meet: Saturday, AUG 28, 2010 All lifters begin at 10am. Rules at 9.30 All SPF Bench and Deadlift classes being contested: Teens, Women, Open, Master Men, Master Women. YOU CAN BENCH OR DEAD OR BOTH IN COMBINATION IN A PUSH/PULL DIVISION.

\*Rules: WE WILL USE SPF RULES; singlets required TO SET RECORDS .

\*Entry Fees: One Division: Adult - \$45.00 (\$10.00 late fee after aug 21 2010); Teen - \$35..00 (\$10.00 late fee after Aug 21, 2010)

2 Divisions: Adult – \$85.00; Teen - \$65.00; Team Entry - \$45.00

THIS WILL BE A REALLY FUN MEET WITH LOUD MUSIC, FOOD, AND GUEST LIFTERS, ALWAYS A FAIR, WELL RUN MEET!  
SO, COME JOIN THE FUN AND GET PUMPED UP!

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2010 GRAND OPENING MINI-MEET

\*\*\*\*ENTRY FORM\*\*\*\*

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ AGE: \_\_\_\_\_ M/F: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Signature: \_\_\_\_\_

Entry: Weight Class: \_\_\_\_\_ Divisions: (1) \_\_\_\_\_ (2) \_\_\_\_\_ (3) \_\_\_\_\_

Send Entry Form to: George Herring, 3540 HIWAY 78, LOGANVILLE, GA. 30052

Any questions, please call: George at 770-963-6738

Make Checks Payable to: GEORGE HERRING