

Empire Classic Grip Challenge 2016

PROMOTER: Jedd Johnson

CONTACT: Email: jedd.diesel@gmail.com or call (607)857-6997

DATE: 5/7/16

TIME: Pinch width testing at 9AM, Rules briefing at 9:30am, Start time 10am

WEIGH-IN: Saturday, May 7th beginning at 8AM until 10AM

LOCATION: Spokane Convention Center (Hall 100ABC)

HOTEL: Hotels available upon request.

DIVISIONS: Open Men / Women - Results will be entered into NAGS Records Lists based on your weight in the following categories: Men: 59kg / 66kg / 74kg / 83kg / 93kg / 105kg / 120kg / 120+kg; Women:

EVENTS: Complete event details are listed below here: <http://www.dieselcrew.com/EmpireGrip>
<http://spokanebodybuilding.com/empire-fit-expo/>

20mm Block Set Grippers for Max (4 attempts)

Two Hands Pinch for Max (4 Attempts)

Axle 60-second Grip Rush (1 Attempt)

Sledge Choke (4 attempts)

ENTRY FEES: \$50 to compete. **ENTRY DEADLINE:** 4/22/16

MAIL PAYMENTS & ENTRIES TO: Jedd Johnson
PO Box 806
Wyalusing PA 18853

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NAME: _____ **AGE:** _____

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

PHONE: _____ **DATE OF BIRTH:** _____

EMAIL: _____

DIVISION: _____ **HEIGHT:** _____

SIGNATURE: _____

(PARENT OR GUARDIAN SIGNATURE REQUIRED IF CONTESTANT IS UNDER 18 YEARS OF AGE)