



# 2005 USAPL Benchpress National Championships

St. Louis, Missouri

September 17 & 18, 2005

## WHERE

Holiday Inn Westport  
1973 Craigshire Rd St. Louis, MO 63146  
314-434-0100

## WHEN

**Friday, September 16<sup>th</sup>, 2005**

Equipment Check Only/Sat Lifters Only - 7-8:30 P.M.  
Referee's Technical Meeting - 8:30 P.M. – 9:30 P.M.

**Saturday, September 17<sup>th</sup>, 2005**

*Equipment Check & Weigh-in - 7-8:30 A.M.*

Session 1 (all women, plus men thru 132 lbs) lifting begins at 9 A.M.

*Equipment Check & Weigh-in - Noon-1:30 P.M.*

Session 2 (148 thru 181 lbs) lifting begins at 2 P.M.

*Equipment Check Only - 5-6:30 P.M.*

**Sunday, September 18<sup>th</sup>, 2005**

*Equipment Check & Weigh-in - 7-8:30 A.M.*

Session 3 (198 & 220) lifting begins at 9 A.M.

*Equipment Check & Weigh-in - Noon-1:30 P.M.*

Session 4 (242 thru SHW) lifting begins at 2 P.M.

## WHO

Lifters and teams must be registered with the USAPL and must be drug free by the definition of the USAPL. USAPL registrations will be available at the meet. A minimum of 10% of lifters will submit to a urinalysis drug test. Each lifter may have 1 coach's pass for the session they lift. **Every lifter must have achieved a total lifted within the calendar year prior (2004) to this meet to be eligible for entry.**

## WEBSITE

The Missouri USAPL website has online registration and more information at: [www.usaplnationals.com](http://www.usaplnationals.com).

## AWARDS

**Every lifter receives a medal and a meet T-shirt.**

1st thru 5th Team

Best Lifter each day (male & female) in Teen, Junior, Lifetime  
Drug Free, Raw, Police/Fire, Military, Open, and Master.

## WEIGHT CLASSES (in lbs)

Male

114 123 132 148 165 181 198 220 242 275 SHW

Female

97 105 114 123 132 148 165 181 198 SHW

## SPECTATOR ADMISSION

\$7.00 each day. Weekend pass \$12.00. 12 and under free

## ENTRY FEE

\$60 for first division. \$30 for each additional division.

Team entry \$60.

Team roster must accompany entry. No refunds.

**ENTRIES MUST BE POSTMARKED BY SEPTEMBER 3<sup>rd</sup>.**

## RULES

USAPL rules apply. No denim shirts. No thumbless grips.

RAW is defined as belt only – no wraps

## HOTEL

Discounted room rates are available at the:

**Holiday Inn Westport**

1973 Craigshire Rd. St. Louis, MO 63146

314-434-0100

Mention "Powerlifting" for the discount. Rooms must be booked PRIOR to September 3<sup>rd</sup> to receive a discount.

Free shuttle to/from STL airport. Whirlpool, indoor pool, kids eat free, business center, exercise room.



Make check or money order payable to: Berkshire Promotions

Mail entry form and payment to:
Berkshire Promotions c/o Harold Gaines
2109 Butterfield Ct., Maryland Heights MO 63043

ENTRIES MUST BE POSTMARKED BY SEPTEMBER 3RD, 2005.

DRUG FREE CERTIFICATION

I give my word of honor as an athlete that I have not used any strength enhancing drugs (i.e. any anabolic steroid, natural hormone or synthetic growth hormone) as part of my training during the past 36 months, nor have I used prescription diuretics or psychomotor stimulants during the 7 days prior to this meet. I agree to submit to a drug screen as prescribed by the rules of the USAPL.

Signature of Athlete Date

RELEASE FROM LIABILITY

In consideration of the acceptance of my entry form in this powerlifting competition and related events and activities, the undersigned acknowledges, appreciates, and agrees that:
1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation. and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation as outlined the rules of the USAPL. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS the USAPL and/or Berkshire Promotions, their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and the owners or lessors of premises used to conduct the event ("RELEASEE"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE. I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Signature of Athlete Date

FOR PARTICIPANTS UNDER AGE 18

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release, as provided above, of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE.

(Parent/Guardian Signature) Date (Emergency Phone Number)

2005 USAPL Benchpress National Championships
Entry Form (Please Print)

First Name: Last Name:

Age: Birthdate: Address:

City: State: Zip:

Tele: Email:

Qualifying Total: Gender: M F

USAPL Card #: Wt. Class: T-Shirt Size: S M L XL XXL XXXL

Circle Divisions entering:

Teen14/15 Teen16/17 Teen18/19 Junior20/23 Open Lifetime Drug Free Police/Fire Military Raw
Master 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

Team Entry
(attach roster)