

USAPL KENTUCKY STATE/BLUEGRASS OPEN

Powerlifting and Bench Press Championship

Date: Dec.3 2005 Location: John F. Kennedy Center 515 South Alvasia St. Henderson, Kentucky Ph.-Paul White 270-831-1261	<h1 style="font-size: 2em; margin: 0;">USAPL</h1> <p style="margin: 0;"><i>America's choice for drug free strength sports</i></p> <p style="margin: 0;">Times: 7:30am-9: 30am <i>Weigh-in and equipment check</i> 10:00am <i>Lifting Begins</i></p>	Meet Director: Mark & Suzanne Motsinger 201 N. Gum St. Harrisburg Il. 62946 618-252-0881
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Rules: All USAPL rules and policies will apply. No denim shirts will be allowed. No Velcro on BP shirts, all must be single ply. No thumbless grip allowed. Lifters will be required to wear a one-piece singlet. **Raw:** Singlets and belts only
Drug Testing: Testing will be performed on at least 10% of the lifters at the competition. Andro and ephedrine products are illegal.

Awards: 1st thru. 3rd in weight class
 Best Lifter – Men
 Best Lifter – Women
 Best Lifter - Raw
 Team – (Team \$30)



USAPL Illinois State/Great Rivers
 Open – Powerlifting and Bench Press
 May 6th, 2006 – Harrisburg, IL.
 Information – 618-252-0881
smfit1@hotmail.com -

Entry Fee is \$40 for the first division and \$30 for each additional division. *No late entries accepted.* Entry fees are non-refundable, USAPL membership is required. (Membership card may be acquired at the meet.)

Mail Entry Form & Entry Fee by November 19th to: Mark Motsinger 201 N. Gum Harrisburg Il. 62946 – Payable to S&M Fitness

2005 Kentucky State/Bluegrass Open Powerlifting and Bench Press Championship

Name: _____ Age: _____
 Birthdate: ___/___/___ Sex: _____ E-Mail: _____
 Address: _____
Street City St Zip Code
 Phone:(_____) _____ USAPL Card# _____ Exp. Date: _____

Check one in each division, if entering more than one indicate both divisions entered.

Check age Division(s) Entered: () 14-15 () 16-17 () 18-19 () Jr. 20-23 () Open () Master's () 40-44 () 45-49 () 50-54 () 55-59 () 60-64 () 65-69 () 70+

Check Division(s) Entered: () Men's Open, () Women's Open, () Teen, () Master's, () Police and Fire

Check Events Entered: () Ky. State - Full () B.G. Open - Full () Ky. State - Bench Press Only () B.G. Open – Bench Only () Raw – Full () Raw - Bench only

I give my word as an athlete that I have not used any strength inducing drugs (i.e. any anabolic steroid, natural hormone or synthetic growth hormone) as apart of my training during the past 36 months, nor have I used prescription diuretics or psychomotor stimulants during the seven days prior to this meet.

Signature of Contestant: _____ Date: _____

In consideration of acceptance of my entry form in this powerlifting competition I intend to be legally bound, for not only myself but also for my heirs, my executors and my administrators. In signing this release from liability I waive and release everyone connected with this competition from any and all liability, including any result of negligence, which may arise from this competition. Moreover, I agree that any testing method, which the meet director and sponsors of this meet use to detect the presence of strength inducing, drugs SHALL BR CONCLUSIVE. This is, whether I think the results of the test are right or wrong, I agree that I have no right to challenge the results of the drug test. I further agree to submit to any physical test, which may be necessary to complete the drug testing. Should I fail to pass the drug testing I agree to forfeit any trophy or award, which I might otherwise have won. I understand and agree that if I fail to pass the drug test, my name will appear on a published list of suspended members. If it is determined that I failed the drug test, I agree to waive any claim for which legal relief is available. I agree to pay any attorney fee and litigation expenses by any person, real or corporate, which I may sue in an effort to challenge this release from liability form. I understand my agreement to pay my attorney fees and litigation expenses is the SINE QUA NON for acceptance of my entry in this contest. If any provision of this Release from liability shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this Release from Liability shall remain in force and effect. I also certify with my signature that this release/agreement cannot be modified orally.

Signature of Contestant: _____ Date: _____

Signature of Parent or Guardian: _____ Date: _____

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