

USAPL Mid America Benchpress , Deadlift & 2-Man Deadlift Championships Official Entry Form

Meet Director:
Rick Fowler
1713 Garfield
Granite City, IL
(618) 451-4737
Email: mens99meet@aol.com

Date: July 18, 2009
Location:
River's Edge Reception Facility
Rt. 3 & Neidringhaus
Granite City, IL
(1 block inside Rivers Edge, on Left)

Times: Saturday July 18 12pm-1:30pm
2 pm

Weigh-in and equipment check.
Lifting begins

(Note: Lifters setting State or American Records must notify meet director of American Record attempt prior to meet)

Eligibility: Lifters must be registered with the USAPL and must be drug free by the definition of the USAPL. USAPL cards will be available at the meet. (They are \$30 for HS lifters and \$40 for adults, good for 1 full year)

Website:
www.USAPLNationals.com

Wt. Classes: **Womens:** 105 114 123 132 148 165 181 198 198+ **Mens:** 114 123 132 148 165 181 198 220 242 275 SHW

Awards: Awards will be awarded for the divisions listed below:

BP: Mens Open: 1 thru 5 by wt. class.; **Womens Open:** 1 thru 5 (by formula) **Teen:** All teens (by formula,.) **Best Lifter Awards:** Overall best bencher

DL: Mens Open: 1 thru 5 by wt. class.; **Womens Open:** 1 thru 5 (by formula) **Teen:** All teens (by formula,.) **Best Lifter Awards:** Overall best deadlifter

2-Man DL: All lifters will receive an award, placings will be based on based on formula. **Best Lifter Awards:** Overall heaviest pull

What is the formula? The formula compares the lifter's bodyweight to their lift for a lb. for lb. ranking. All teens will place if their entry is in on time.

T-shirts: Mid America BP/DL T-shirts will be available for pre-ordering. Shirts will be \$14 (XXL & up, \$16) include size and amount when sending entry.

Drug Testing: Drug testing will be performed on at least 10% of the lifters at the competition. Andro and ephedrine products are illegal.

Rules: The competition will be conducted under the rules and policies set forth by the USAPL. No denim shirts will be allowed. No thumbless grips will be allowed. No velcro on BP shirts, all must be single ply. Lifters are required to wear a one piece singlet. For the deadlift long socks are required (*soccer type socks will work*)

Hotel: The Days Inn rate is 69.95 per night, plus tax. This includes pool/hot tub, 24 hour coffee, cont. breakfast 6-10am, microwave & refrigerator in all rooms. Contact them at 618-797-2727 Address: Ramada Inn, 5105 State Route 111, Granite City, IL 62040

Platforms: One, using the Round system.

Entry Fee: \$45.00 per lifter. \$20 each additional division.

NOTE: ENTRIES MUST BE RECEIVED BY JULY 6th. IF YOU ARE COMPETING, GET YOUR ENTRY IN ON TIME. SIGNING UP AT THE MEET WILL NOT BE ALLOWED. ENTRY FEE IS NON-REFUNDABLE AND CHECKS SHOULD BE MADE PAYABLE TO RICK FOWLER

Mail Entry Form & Entry Fee by July 6th to:
Rick Fowler 1713 Garfield Granite City, IL 62040

USAPL Mid America
BP, DL & 2-Man DL Championships

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Name: _____ **Age:** _____

Birthdate: ___/___/___ **Sex:** ___ **E-mail:** _____

Address: _____
Street City ST Zip Code

Phone: (____) _____ **USAPL Card#:** _____ **Exp. Date:** _____

Best SQ: _____ **Best BP:** _____ **Best DL:** _____ **Best Total:** _____ **Last time drug tested:** _____

T-Shirts:		
size	qty.	price amount
M	_____	x \$14 = _____
L	_____	x \$14 = _____
XL	_____	x \$14 = _____
XXL	_____	x \$16 = _____
XXXL	_____	x \$16 = _____

Wt. Class:	Division(s)	Your 2-Man DL partner:
	BP: Mens Open Womens Open Teen	_____
	DL: Mens Open Womens Open Teen 2M-DL	

(Entry fee is \$45 for the first division and \$20 for each additional division.)
Make checks payable to: Rick Fowler

T-Shirt Total: _____ **+ Entry Total:** _____ **= Overall Total:** _____

CERTIFICATION

I give my word of honor as an athlete that I have not used any strength inducing 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 seven days prior to this meet.

SIGNATURE OF CONTESTANT

DATE

RELEASE FROM LIABILITY

READ THIS CAREFULLY. WHEN YOU SIGN IT YOU WILL BE GIVING UP IMPORTANT LEGAL RIGHTS.

In consideration of the 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 the sponsors of this meet use to detect the presence of strength-inducing drugs SHALL BE 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 tests. 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 tests 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 tests, my name will appear on a published list of suspended members. If it is determined that I have 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, whom I may sue in an effort to challenge this release from liability form. I understand that my agreement to pay 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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