

**27th USAPL
WOMENS NATIONAL
POWERLIFTING CHAMPIONSHIPS**

Official USA Powerlifting Sanctioned Championship – IPF World Championship Qualifier

Saturday & Sunday / February 14 - 15, 2009

Location

Hyatt Regency Hotel – Downtown Miami
400 Southeast Second Avenue, Suite 402 / Miami, Florida 33131-2117
Telephone: 305.358.1234 / <http://miamiregency.hyatt.com>

Eligibility Requirements:

Must be a registered USAPL member [Membership cards may be purchased at weigh-ins] and meet the minimum qualifying total in a USAPL Championship during 2008 or 2009 – The qualifying totals can be found here: www.usapowerlifting.com/lifterscorner/qts.shtml

Weight Classes (lbs):

97, 105, 114, 123, 132, 148, 165, 181, 198, and 198+

Competition Timetable of Events:

Friday – February 13, 2009

3:00 to 5:00 pm – Media Press Conference/Interviews

5:00 to 7:00 pm – Early Equipment Check for Friday lifters ONLY.

Saturday – February 14, 2009

7:00 to 8:30 am – Weigh-in/Equipment check for women's weight classes 97, 105 & 114

8:30 to 9:00 am – Rules briefing and/lifter warm-up

9:00 to 1:00 pm – Lifting for women's weight classes 97, 105 & 114

1:00 to 1:30 pm – Drug-testing Protocol / Awards Ceremony

12:00 to 1:30 pm – Weigh-in/Equipment check for women's weight classes 123 & 132

1:30 to 2:00 pm – Rules briefing and/lifter warm-up

2:00 to 3:00 pm – Early equipment check for Sunday lifters ONLY

2:00 to 5:00 pm – Lifting for women's weight classes for 123 & 132

5:00 to 6:00 pm – Drug-testing Protocol / Awards Ceremony

1:30 to 2:00 pm – **Women's Hall of Fame Induction Ceremony**

7:00 to 8:00 pm – **Women's National Committee Meeting**

Sunday – February 15, 2009

7:00 to 8:30 am – Weigh-in/Equipment check for women's weight classes 148 & 165

8:30 to 9:00 am – Rules briefing and/lifter warm-up

9:00 to 1:00 pm – Lifting for women's weight class 148 & 165

1:00 to 1:30 pm – Drug-testing Protocol / Awards Ceremony

12:00 to 1:30 pm – Weigh-in/Equipment check for women's weight classes 181, 198 & 198+

1:30 to 2:00 pm – Rules briefing and/lifter warm-up

2:00 to 6:00 pm – Lifting for women's weight classes 181, 198 & 198+

6:00 to 7:00 pm – Drug-testing Protocol / Awards Ceremony

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Divisions:

Open, Teen [14 – 15, 16 – 17, 18 – 19], Junior [20 – 23], Master [40–44, 45–49, 50–54, 55–59, 60–64, 65–69, 70 – 74, 75 – 79, 80+], Youth [10-11, 12-13].

Awards:

Awards will be presented to the 1st – 5th place finishers for each weight class and division. Outstanding lifter awards will be presented to the best lifter in each of the following categories: Open, Teenage, Junior, and Master 40+, 50+ and 60+. The overall best lifter award will be calculated by the IPF Wilks Formula. Team awards will be presented for 1st – 5th place. Team championship scoring will be in accordance to IPF Rules; calculated by the overall six [6] best lifters throughout ten [10] weight classes. Participation certificates will be given to all lifters.

Technical Rules:

This competition is USAPL sanctioned and all IPF rules will be followed. If you are not familiar with these rules, they can be found at the following URL (S):
IPF Rules -- http://www.powerlifting-ipf.com/IPF_rulebook.doc

World Wide Web:

Contest information, updates, nominations, etc. will be made available on the following web-page, which can be found at the following: www.usaplnationals.com

Hotel Arrangements & Transportation Information

The Hyatt-Regency located in downtown Miami will serve as the official championship hotel.

Hyatt Regency - Miami
400 South East Second Avenue
Miami, Florida
USA 33131-2197

Please call 305.358.1234 to make your hotel reservations – Group Code: USA Powerlifting
The following is the web-link for the hotel: <http://miamiregency.hyatt.com>

Please make your hotel reservations early by NLT February 01, 2009 to receive the group rate of \$109.00 per night + tax. This is an exceptional rate for this time of year, so please make your reservations early -- Group Code: USA POWERLIFTING

Airport Shuttle

Super Shuttle (Tel: +1-305.871.2000) will provide transportation to the Hyatt Hotel for \$15.00 – 18.00 from the Miami – International Airport. www.supershuttle.com

Rental Car

Enterprise Rent-a-Car will be providing special rates for this event. If you require a rental car for this championship, please contact Tiffany Arango at: 954-354-5149 and mention “USA Powerlifting Florida” for our special rates. The Florida powerlifting account number is: 41 W 0328

Spectators/T-shirts/Tickets

All spectators and coaches may enjoy the competition for an admission fee of \$5.00 per day. T-shirts will be available for a fee of \$15.00 (small to large) and \$20.00 for XL and above. One [1] coaching pass will be provided for each team entry received.



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Name _____ E-mail: _____
(Please print E-mail clearly)

Address: _____

City: _____ State: _____ Zip Code: _____

Day Telephone: () _____ Evening Telephone: () _____

USAPL Membership Card #: _____ Expiration Date: _____ Team _____
(Can be purchased at the contest)

Qualifying Meet: _____ Date: _____ Total: _____

RELEASE FROM LIABILITY AND CONSENT TO DRUG TEST:

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 directors 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, which 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 lifter		Date	
Signature of Parent Or Legal Guardian <i>If Contestant is under 18</i>		Date	

Check the Divisions you will be lifting in:

- | | | |
|---|---|---|
| <input type="checkbox"/> Open [All Ages] | <input type="checkbox"/> Master [40 – 44] | <input type="checkbox"/> Master [65 – 69] |
| <input type="checkbox"/> Teen [14 – 15] | <input type="checkbox"/> Master [45 – 49] | <input type="checkbox"/> Master [70 – 74] |
| <input type="checkbox"/> Teen [16 – 17] | <input type="checkbox"/> Master [50 – 54] | <input type="checkbox"/> Master [80+] |
| <input type="checkbox"/> Teen [18 – 19] | <input type="checkbox"/> Master [55 – 59] | <input type="checkbox"/> Youth [10 – 11] |
| <input type="checkbox"/> Junior [20 – 23] | <input type="checkbox"/> Master [60 – 64] | <input type="checkbox"/> Youth [12 – 13] |

Please specify the weight class that you will be lifting at: _____ Age: _____ Date of Birth: _____

PLEASE SPECIFY T-Shirt SIZE(s): S M L XL XXL XXXL

ENTRY FEE (S):

- _____ \$65.00 – Powerlifting Competition
- _____ \$30.00 – Each Additional Division
- _____ \$75.00 – Team Entry Fee (see reverse side of this form)
- _____ \$15.00 – Official Championship T-shirt [Small to Large] / Size Requested _____
- _____ \$20.00 – Official Championship T-shirt [X-Large to XXXL] / Size Requested _____
- _____ \$50.00 – Late Fee / Entry Post-marked February 01, 2009 [No entries accepted after February 7, 2009]
- _____ \$ 5.00 – Ticket cost for each spectator and coach, per day
- _____ \$ Total Amount Submitted

Important Note: Late fee of \$50.00 will be assessed if your entry is post-marked after February 01, 2009. No Refunds Granted for any reason. If your entry is going to be late you must contact the meet director.

CHECK OR MONEY ORDERS PAYABLE AND MAILED TO THE FOLLOWING:

Robert Keller - Contest Director

Post Office Box 291571 / Davie, Florida 33329-1571

Telephone: 954.790.2249 * Fax: 954.301.3344 * E-mail: rhk@verizon.net

www.usaplnationals.com



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FULL TEAM NAME: _____

HEADCOACH: _____ MANAGER: _____

PHONE: _____ USAPL Team Registration Number: _____ Expiration: _____

TEAM ENTRY FEE

Team entry fees are \$75.00 for each division (e.g., one women's open team, and one junior team would be \$75.00 each totaling \$150.00). Each team member must fully complete an individual entry form and forward the appropriate entry fees in order to be registered with a team for the competition.

TEAM ROSTER

No.	Lifter	Weight Class	USAPL Card #:
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			

ALTERNATES

1	
2	

TEAM SCORING

Each team is allowed a maximum of 10 lifters spread throughout the range of the 10-bodyweight categories with no more than 2 in any one weight class. Each team is allowed a maximum of 5 alternates. Alternates may be substituted at any time prior to the commencement of the championship. Team scoring will be calculated in accordance with USAPL/IPF rules. All Teams must be registered with USA powerlifting via a USAPL Club Membership Application.

**ALL TEAM ROSTERS MUST BE RECEIVED BY 12:00 PM THE AFTERNOON
OF FRIDAY, FEBRUARY 13, 2008 FOR DECLARATION INTO THE CHAMPIONSHIP**