28th ANNUAL USAPL
NATIONAL COLLEGIATE
POWERLIFTING CHAMPIONSHIPS

April 16 – 18, 2010 / Orlando, Florida

COMPETITION LOCATION

Hyatt Regency Hotel – Orlando International Airport
9300 Airport Boulevard / Orlando, Florida, USA 32827
www.orlandoairport.hyatt.com
Telephone: 402.592.6464 / 888.421.1442

Eligibility Requirements:

1) Must be a full-time registered undergraduate/graduate student NOT over the age of 25. An age waiver may be granted to lifters for previous military/religious assignments or physical disability.
2) Must be a member of USA Powerlifting [Membership cards can be purchased at weigh-ins]
3) Must have achieved a qualifying total during the year 2009 or 2010.

SCHEDULE OF EVENTS

Thursday: April 15, 2010

5:00 to 6:00 pm – Technical Meeting [Hyatt Hotel Briefing Room]
6:00 to 7:00 pm – Early equipment check for Friday lifters ONLY [Contest Venue]

Friday: April 16, 2010

Session I
7:00 to 8:30 am – Weigh-in/Equipment check for women's weight classes: 97, 105, 114 and 123
7:00 to 8:30 am – Weigh-in/Equipment check for men's weight classes: 114, 123, and 132
8:30 to 9:00 am – Rules briefing and/lifter warm-up
9:00 to 1:00 pm – Competition lifting

Session II
12:00 to 1:30 pm – Weigh-in/Equipment check for men's wt classes: 148
1:30 to 2:00 pm – Rules briefing and/lifter warm-up
2:00 to 5:00 pm – Competition Lifting
2:00 to 4:00 pm – Early equipment check for Saturday lifters ONLY [Contest Venue]
5:00 to 6:00 pm – Awards presentation / Drug-testing protocol
7:00 to 8:00 pm – National Collegiate Committee Meeting [Hyatt Hotel Briefing Room]

Saturday – April 17, 2010

Session I
7:00 to 8:30 am – Weigh-in/Equipment check for women's weight classes: 132, 148 and 165
7:00 to 8:30 am – Weigh-in/Equipment check for men's weight classes: 165
8:30 to 9:00 am – Rules briefing and/lifter warm-up
9:00 to 1:00 pm – Competition lifting

Session II
12:00 to 1:30 pm – Weigh-in/Equipment check for men's wt classes: 181
1:30 to 2:00 pm – Rules briefing and/lifter warm-up
2:00 to 6:00 pm – Competition lifting
2:00 to 4:00 pm – Early equipment check for Sunday lifters [Contest Venue]
6:00 to 7:00 pm – Awards presentation / Drug-testing protocol

Sunday – April 18, 2010

Session I
7:00 to 08:30 am – Weigh-in/Equipment check for women's weight classes: 181, 198 and 198+
7:00 to 08:30 am – Weigh-in/Equipment check for men's weight classes: 198 and 220
8:30 to 09:00 am – Rules briefing and/lifter warm-up
9:00 to 01:00 pm – Competition lifting

Session II
12:00 to 01:30 pm – Weigh-in/Equipment check for men's wt classes: 242, 275 and SHW
1:30 to 2:00 pm – Rules briefing and/lifter warm-up
2:00 to 6:00 pm – Competition lifting
6:00 to 7:00 pm – Awards presentation / Drug-testing protocol

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Divisions:

Men's Collegiate Open **Women's Collegiate Open**

Weight Classes:

Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 275+
Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, 198+

Championship Awards:

The following awards will be presented at the competition:

1. **Awards will be presented to 1st – 5th place finishers for each weight class.**
2. **Champion of Champion award to the best overall men/women's lifter**
3. **Team trophies will be presented for 1st – 5th place [Men/Women and Combined Teams].**
4. **All-American Certificates will be awarded to the top three lifters in each weight class.**
5. **A participation certificate will be awarded to each athlete that starts in the championship.**
6. **Men/Women's Academic All-American Award Winner [Contact Robert Keller for details].**
7. **Collegiate Coach of the Year Award**

Technical Rules:

This competition is USAPL sanctioned and all USAPL/IPF rules will be followed. The Technical rules can be found at the following website: www.powerlifting-ipf.com

Mr. Bill Clayton, IPF Category I Referee and IPF Technical Committee Member will serve as the Technical Secretary for the championship. Mr. Clayton's email is: claytonw@ptd.net

Championship Website:

All official announcements and updates will be made on this website. It will be important that you review this site on a regular basis. http://www.usaplnationals.com/2010-collegiate-Nationals/

Hotel Information

Hyatt Regency Hotel – Orlando International Airport
9300 Airport Boulevard
Orlando, Florida 32827
Telephone: 402.592.6464 / 888.421.1442
www.orlandoairport.hyatt.com

When making your reservations it will be important that you reference the Group Code:
USA POWERLIFTING -- NATIONAL COLLEGIATE CHAMPIONSHIPS

The deadline to make your room reservations is Friday, March 26, 2010.

Check-out time is 12:00 pm on the day of departure.

Hotel reservations for the championship can also be made online at the following website:
https://resweb.passkey.com/go/powerlifting

Upon request, special and reduced pricing for business and deluxe suites are available.

Spectator Tickets and T-shirt Sales

All spectators may enjoy the competition for an admission fee of $5.00 per day. Two coaching passes will be provided with each team registration. T-shirts will be available for a fee of $15.00 (Small to X-Large) and $20.00 for XXL and above. The commemorative championship T-shirt will have the professionally designed logo on the front and the name of each athlete and school on the back.

Walt Disney World Theme Park Tickets

Discounted Disney Theme Park tickets will be available for purchase on the following website:
http://www.usaplnationals.com/2010-collegiate-Nationals/
Discounted tickets will also be on sale during the course of the entire championship.

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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:** _____ **University/College**_____
(Can be purchased at the contest)

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 for 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 that I 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 ***If Contestant is under 18***		**Date**	

Check the Division you will be lifting in:
☐ **Men's Collegiate Powerlifting** ☐ **Women's Collegiate Powerlifting**

Please specify the weight class that you will be lifting in: _____Age: ____ Date of Birth: _____

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

ENTRY FEE (S):
_____$65.00 – Entry Fee for each athlete
_____$75.00 – Team Entry Fee
_____$50.00 – Late Fee [Entry post-marked after Saturday, March 20, 2010]
_____$15.00 – Official Championship T-shirt [Small to X-Large] / Size Requested_____
_____$20.00 – Official Championship T-shirt [XX-Large to XXXXL] / Size Requested _____
_____ $ 5.00 – Ticket cost, per day, for each spectator and coach.
_____ $ Total Amount Submitted

APPLICATIONS MUST BE POSTMARKED BY NO LATER THAN SATURDAY, MARCH 20, 2010!

Important: If your application/entry form is late, you must notify the meet director by e-mail and telephone. A late fee of $50.00 will be assessed, if your entry form is post-marked after Saturday, March 20, 2010. There are no refunds granted for any reason and all NSF checks will be charged a fee of $25.00.

CHECK OR MONEY ORDERS PAYABLE AND MAILED TO THE FOLLOWING:

Robert Keller – Championship Director
Post Office Box 291571* Davie, Florida 33329
Telephone: 954.790.2249 * Fax: 954.301.3344 * E-mail: rhk@verizon.net
www.florida-powerlifting.com

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FULL TEAM NAME: _____

HEADCOACH: _____TEAM MANAGER: _____

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

TEAM ENTRY FEE

Team entry fees are $75.00 for each division (e.g., one men's and one women's team would be $75.00 each totaling $150.00). As per collegiate rules, there are NO multiple team entries (e.g., Team A and Team B, in one division). Additionally, each team member must fully complete an individual entry form and forward the appropriate entry fees (see reverse side).

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 11 lifters spread throughout the range of the 11-bodyweight categories for men, and 10 lifters throughout the range of 10 bodyweight categories for women. Each team is allowed a maximum of five alternates. These 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 club membership application.

ALL TEAM ROSTERS MUST BE RECEIVED BY 5:00 PM THE EVENING OF THURSDAY, APRIL 15, 2010 FOR DECLARATION INTO THE CHAMPIONSHIP