

THE PHANTOM CORPS POWERLIFTING TEAM
Presents
THE 2010 USA POWERLIFTING
MASTER'S NATIONAL POWERLIFTING CHAMPIONSHIPS
APRIL 30, 2010 to MAY 02, 2010

Championship Director: Johnny A. Graham

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Location: Killeen Civic and Conference Center

3601 South WS Young Drive, Killeen, Texas 76543 / Telephone: (254) 501.3888 / Website: www.killeen-cvb.com

SCHEDULE OF EVENTS:

THURSDAY, APRIL 29, 2010

5:00 – 6:00 pm – Masters National Committee Meeting [All athletes are encouraged to attend]

6:00 – 7:00 pm – Early Registration & Equipment check: [Men's 123, 132, 148, and 165 lb weight classes only]

FRIDAY, APRIL 30, 2010

Session I

7:00 – 8:30 am – Weigh-In/equipment check for the men's 123, 132, and 148 lb weight classes

8:30 – 9:00 am – Warm-up for the men's 123, 132, and 148 lb weight classes

9:00 – 1:00 pm – Competition lifting for the men's 123, 132, and 148 lb weight classes

1:00 – 2:00 pm – Awards Presentation for the men's 123, 132, and 148 lb weight classes

Session II

12:00 – 1:30 pm – Weigh-In/equipment check for the men's 165lb weight class

1:30 – 2:00 pm – Warm-up for the men's 165 lb weight class

2:00 – 5:00 pm – Competition lifting for the men's 165lb weight class

5:00 – 6:00 pm – Awards Presentation for the men's 165lb weight class

3:00 – 5:00 pm – Early Registration & Equipment Check [Men's 181, 198 and 220 lb weight classes only]

SATURDAY, MAY 1, 2010

Session I

7:00 – 8:30 am – Weigh-In/equipment check for the men's 181 and 198 lb weight classes

8:30 – 9:00 am – Warm-up for the men's 181 and 198 lb weight classes

9:00 – 1:00 pm – Competition lifting for the men's 181 and 198 lb weight classes

1:00 – 2:00 pm – Awards Presentation for the men's 181 and 198 lb weight classes

Session II

12:00 – 1:30 pm – Weigh-In/equipment check for the men's 220 lb weight class

1:30 – 2:00 pm – Warm-up for the men's 220 lb weight class

2:00 – 5:00 pm – Competition Lifting for the men's 220 lb weight class

5:00 – 6:00 pm – Awards Presentation for the men's 220 lb weight class

3:00 – 5:00 pm – Registration & Equipment Check [242, 275 and SHW weight classes]

SUNDAY, MAY 2, 2010

Session I

8:00 – 9:30 am – Weigh-In/equipment check for the men's 242 and 275 lb weight classes

9:30 – 10:00 am – Warm-up for the men's 242 and 275 lb weight classes

10:00 – 2:00 pm – Competition lifting for the men's 242 and 275 lb weight classes

2:00 – 3:00 pm – Awards Presentation for the 242 and 275 lb weight classes

Session II

1:00 – 2:30 pm – Weigh-In/equipment check for the men's SHW weight class

2:30 – 3:00 pm – Warm-up for the men's SHW weight class

3:00 – 5:30 pm – Competition Lifting for the men's SHW weight class

5:30 – 6:00 pm – Awards Presentation for the men's SHW weight class

IMPORTANT NOTE: ALL COMPETITION START TIMES ARE SUBJECT TO CHANGE BASED ON NUMBER OF ENTRIES RECEIVED FOR THE COMPETITION!! ALL LIFTERS WILL LIFT IN THEIR ASSIGNED AGE GROUP BASED ON THE AGE THEY'RE THE DAY OF THE CHAMPIONSHIP. LIFTERS WHO ARE 39 YEARS OLD AND WILL TURN 40 DURING THE CALENDAR YEAR OF 2010, WILL COMPETE AS A "GUEST" LIFTER ONLY; HOWEVER, WILL BE CONSIDERED FOR A SLOT ON THE USA TEAM THAT WILL COMPETE AT THE 2010 IPF WORLD MASTERS POWERLIFTING CHAMPIONSHIPS IN THE CZECH REPUBLIC.

Entry Fees: \$65.00 per athlete / \$60.00 per team entry.

Entry Deadline: Please send all entries by April 10, 2010. If your entry form is post-marked after April 10, 2010 please include a late fee of an additional \$20.00 = \$85.00. Important, if your entry is late and post-marked after April 10, 2010 you must contact the Johnny Graham, the competition director, by telephone.

Payments: All payments are to be made by either check or money order. All checks/money orders are to be made out to Johnny Graham. Please send payment to the following address:

Johnny A. Graham
Championship Director
2203 Excel Drive
Killeen, Texas 76542

Awards: Championship awards will be given to all 1st through 5th place finishers for each weight class and age group. Special custom awards will be given to the outstanding lifter for each day for 1st through 3rd in the following age groups: 40-49, 50-59, 60-69, and 70+.

Age Groups: 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

Weight Classes: 123, 132, 148, 165, 181, 198, 220, 242, 275 and SHW

Championships Hotel: The Shiloh Inn of Killeen, Texas will serve as the official championship hotel and is located directly next door to the Killeen Civic/Conference Center, where the Masters Nationals Powerlifting Championship will take place. The Shiloh Inn is offering a special rate of **\$125.00 per night**, tax included, for single/double rooms.

Shiloh Inn Address: 3701 South w S Young Drive / Killeen, Texas 76542 / Telephone: (254) 699.0999

Shiloh Website: www.shiloinns.com

VERY IMPORTANT
THE SHILO INN IS AN ALL SUITE HOTEL. THE REGULAR RATE IS \$159.00 PER NIGHT. YOU CAN NOT MAKE YOUR OWN RESERVATIONS, OR YOU WILL PAY THE REGULAR RATE. ALL ROOM RESERVATIONS OF \$125.00 PER NIGHT MUST BE PAID WITH THE ENTRY FEE. THE HOTEL WILL DIRECT BILL JOHNNY GRAHAM, THE MEET DIRECTOR FOR YOU TO RECEIVE THIS RATE. ALL ROOMS WILL BE RELEASED FOR THE REGULAR RATE AFTER APRIL 15, 2010!!

Eligibility: Open to all USA Powerlifting registered master lifters. All lifters must be drug-free for (36) months.

Admission: \$10.00 per day for each spectator. A special guest pass of \$20.00 will be offered for all three days. A maximum of two coaches per team will be admitted free to the entire competition.

Technical Secretary: Robert Keller, Technical Chairman, USA Powerlifting and IPF Category I Referee
Telephone: (954).790.2249 / Email: rhk@verizon.net

**2010 USAPL Master National Powerlifting Championships
OFFICIAL COMPETITION ENTRY FORM**

NAME: _____ AGE: _____ E-mail: _____

ADDRESS: _____ CITY/ STATE /ZIP: _____

PHONE: (____) _____ WEIGHT CLASS: _____ DATE OF BIRTH: _____ AGE GROUP: _____

USAPL#: _____ TEAM NAME: _____ BEST TOTAL: _____

ADVANCE PURCHASE MEET SHIRTS: (\$12.00) _____ SHIRTS WILL BE \$15.00 AT MEET

ADVANCE ADMISSION TICKETS: _____

In consideration of my entry, I intending to be legally bound, hereby, for myself, my executors and administrators, waive and release the USAPL. The Killeen Civic & Conference Center, the Meet Director, their agents, representatives, committees, and members from any and all claims or Rights to damage from injuries or losses suffered by me directly or indirectly competing in or attending the 2010 USAPL MASTER'S NATIONAL POWERLIFTING CHAMPIONSHIPS.
I agree to abide by the USAPL rules governing this event.

SIGNATURE: _____ DATE: _____

RELEASE FROM LIABILITY AND CONSENT TO DRUG TEST

IMPORTANT: READ THIS RELEASE CAREFULLY. WHEN YOU SIGN IT YOU WILL BE GIVING UP IMPORTANT LEGAL RIGHTS. In consideration of the acceptance of my entry in this Powerlifting competition I intend to be legally bound, for not only myself but also for my heirs, my executors, and my administrators. I signing this release from liability I waive and release everyone connected with competition from any and all liability, including any results 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. That is, whether I think results of the tests 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 tests which may be necessary to complete drug testing. Should I fail to pass drug test I agree to forfeit any trophy or award which I 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. 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 incurred 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 the acceptance of my entry in this contest. If any provisions of this release form liability shall be deemed by a court of competent jurisdiction to be invalid, the remainder of the/this Release of Liability shall remain in full force and effect. I also certify with my signature that this release/agreement cannot be modified orally.

Signature in full of applicant: _____

Certification

I hereby do not give my word o 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 thirty six months, nor have I used prescription diuretics or psychomotor stimulants during the seven days prior to this meet.

Signature in full applicant: _____