

**30<sup>th</sup> ANNUAL USAPL  
BENCH PRESS NATIONAL CHAMPIONSHIPS**

Saturday & Sunday / September 3 & 4, 2011

Officially Sanctioned USA Powerlifting Championship  
Open, Junior and Masters USA World Team Qualifier

**Location of Championship:**

**Hyatt Regency Hotel – Orlando International Airport  
9300 Airport Boulevard Orlando, Florida 32827  
Telephone: 402.592.6464 / 888.421.1442  
[www.orlandoairport.hyatt.com](http://www.orlandoairport.hyatt.com)**

**Eligibility Requirements:**

Must be a registered USAPL member [Membership cards may be purchased at weigh-ins].

**[NEW] IPF Weight Classes (lbs/kgs) / Effective June 13, 2011**

**Women** -- 94.75lbs/43.00kg, 103.50lbs/47.00kg, 114.50lbs/52.00kgs, 125.50lbs/57.00kgs, 138.75lbs/63.00kgs, 158.50lbs/72.00kgs, 185lbs/84.00kgs, 185+lbs/84.00+kgs

**Men** – 116.75lbs/53.00kgs, 130.00lbs/59.00kgs, 145.50lbs/66.00kg, 163.00lbs/74.00kgs, 182.75lbs/83.00kgs, 205.00lbs/93.00kgs, 231.25lbs/105.00kgs, 264.50lbs/120.00kgs, 264.50+lbs/120.00+kgs

**SPECIAL NOTE:**

**NEW USAPL NATIONAL RECORDS CAN BE SET AT THIS CHAMPIONSHIP IN THE NEW WEIGHT CLASSES**

**Provisional Schedule of Events:**

**Friday, September 02, 2011**

**6:00 to 7:00 pm – Early Equipment Check for Saturday lifters ONLY.**

**Saturday, September 03, 2011**

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

**7:00 to 8:30 am – Weigh-in/Equipment check for men's weight classes 53kgs, 59kgs and 66kgs**

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

**9:00 to 1:00 pm – Lifting for all women's weight classes**

**9:00 to 1:00 pm – Lifting for men's weight classes**

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

**12:00 to 1:30 pm – Weigh-in/Equipment check for men's weight classes 74kgs and 83.00 kgs**

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

**2:00 to 5:00 pm – Lifting for men's weight classes**

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

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

**Sunday, September 04, 2011**

**7:00 to 8:30 am – Weigh-in/Equipment check for men's weight classes 93.00kgs and 105.00kgs**

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

**9:00 to 1:00 pm – Lifting for men's weight classes 93.00 kgs and 105.00kgs**

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

**12:00 to 1:30 pm – Weigh-in/Equipment check for men's weight classes 120.00kgs and 120.00+kgs**

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

**2:00 to 5:00 pm – Lifting for men's weight classes 120.00kgs and 120+kgs**

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

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**Divisions:**

Open [All Ages]

Youth [10-11 or 12-13]

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+]

Collegiate/University Student

Lifetime Drug-Free

Police/Firefighter

Military

Raw/Unequipped

Paralympian / Special Olympian

**Awards:**

Awards will be presented to the 1<sup>st</sup> – 5<sup>th</sup> place finishers for each weight class and division.

Outstanding lifter awards will be presented to the best lifter in each of the following categories for both Men/Women: Open, Teenage/Junior, and Master 40+, 50+ 60+ and 70+. The overall best lifter award for each category will be determined by the IPF Wilks Formula. Team awards will be presented for 1<sup>st</sup> – 5<sup>th</sup> place in the Teen/Junior, Open, Master and Combined. Team championship scoring will be in accordance to the USPL Rules. Participation certificates will be given to all lifters.

**Technical Rules:**

This competition is USAPL sanctioned and all USA Powerlifting Technical rules will be followed. If you are not familiar with USA Powerlifting Technical Rules, they can be found at the following link: [www.usapowerlifting.com/committees/technical](http://www.usapowerlifting.com/committees/technical)

**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/2011-bench-press-nationals](http://www.usaplnationals.com/2011-bench-press-nationals)

**Hotel Arrangements**

Hyatt Regency Hotel – Orlando International Airport

9300 Airport Boulevard Orlando, Florida 32827

Telephone: 402.592.6464 / 1.888.421.1442 / [www.orlandoairport.hyatt.com](http://www.orlandoairport.hyatt.com)

Cost: \$109.00 + Tax for Single/Double Room

When making your reservations use reference the Group Code: USA POWERLIFTING

The deadline to make your room reservations is NLT Friday, August 16, 2011

**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.

**Walt Disney World Theme Park Tickets**

Discounted Disney Theme Park tickets will be available for purchase on the following website:

[www.usaplnationals.com/2011-bench-press-nationals](http://www.usaplnationals.com/2011-bench-press-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: \_\_\_\_\_ Team \_\_\_\_\_  
(Can be purchased at the contest)

**RAW / UNEQUIPPED DIVISIONS / Please 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"/> Collegiate                     |
| <input type="checkbox"/> Teen [14 – 15]   | <input type="checkbox"/> Master [45 – 49] | <input type="checkbox"/> Master [70 – 74]  | <input type="checkbox"/> Lifetime                       |
| <input type="checkbox"/> Teen [16 – 17]   | <input type="checkbox"/> Master [50 – 54] | <input type="checkbox"/> Master [75 -- 79] | <input type="checkbox"/> Police/Firefighter             |
| <input type="checkbox"/> Teen [18 – 19]   | <input type="checkbox"/> Master [55 – 59] | <input type="checkbox"/> Master [80+]      | <input type="checkbox"/> Military                       |
| <input type="checkbox"/> Junior [20 – 23] | <input type="checkbox"/> Master [60 – 64] | <input type="checkbox"/> Youth             | <input type="checkbox"/> Paralympian / Special Olympian |

**EQUIPPED DIVISIONS / Please 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"/> Collegiate                     |
| <input type="checkbox"/> Teen [14 – 15]   | <input type="checkbox"/> Master [45 – 49] | <input type="checkbox"/> Master [70 – 74]  | <input type="checkbox"/> Lifetime                       |
| <input type="checkbox"/> Teen [16 – 17]   | <input type="checkbox"/> Master [50 – 54] | <input type="checkbox"/> Master [75 -- 79] | <input type="checkbox"/> Police/Firefighter             |
| <input type="checkbox"/> Teen [18 – 19]   | <input type="checkbox"/> Master [55 – 59] | <input type="checkbox"/> Master [80+]      | <input type="checkbox"/> Military                       |
| <input type="checkbox"/> Junior [20 – 23] | <input type="checkbox"/> Master [60 – 64] | <input type="checkbox"/> Youth             | <input type="checkbox"/> Paralympian / Special Olympian |

Please specify the following - Weight Class: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

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

**ENTRY FEE (S):**

- \_\_\_\_\_ \$65.00 – Bench Press 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 AFTER AUGUST 03, 2011  
\_\_\_\_\_ \$ 5.00 – Ticket cost for each spectator and coach, per day  
\_\_\_\_\_ \$ Total Amount Submitted

**Important Note:** A late fee of \$50.00 will be assessed if your entry form is post-marked after August 03, 2011. No Refunds Granted for any reason. If your entry is going to be late you must contact the meet director by Email [or] Telephone to confirm your entry into the championship. No exceptions.

**PLEASE MAIL YOUR RELEASE FROM LIABILITY FORM AND ENTRY FEE(S) WITH  
YOUR CHECK OR MONEY ORDER MADE PAYABLE TO THE FOLLOWING:**

**Robert Keller - Contest Director**  
Post Office Box 291571  
Davie, Florida 33329

Telephone: 954.790.2249 / Fax: 954.301.3344 / Email: [rhk@verizon.net](mailto:rhk@verizon.net)  
[www.usaplnationals.com/2011-bench-press-nationals](http://www.usaplnationals.com/2011-bench-press-nationals)

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**RELEASE FROM LIABILITY FORM**

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

In consideration of my participation in the \_\_\_\_\_ Powerlifting Competition as a competitor, as a loader/spotter, as a referee, as a platform worker, or as in any other capacity, I intend to be legally bound, for not only myself but also for my heirs, executors, representatives, agents, successors, assigns, and administrators. By signing this **Release of Claims**, I waive, release, and forever discharge USAPL, USAPL officers and officials, the meet directors(s), the loaders and spotters, the referees, all meet personnel, and all USAPL administrative personnel, agents, independent contractors, and employees associated with this competition, from any and all claims, demands, damages, costs, expenses, loss of services, actions and causes of action, that I, my heirs, personal representatives, or assignees, may have against USAPL and the aforementioned parties for all injuries and damages, known or unknown, that I may incur as a result of my participation and/or involvement in the above-described event or by my use of the facility in which this competition is held.

I do further agree that I shall indemnify and save harmless USAPL, USAPL, USAPL officers and officials, the meet directors(s), the loaders and spotters, the referees, all meet personnel, and all USAPL administrative personnel, agents, independent contractors, and employees, from any and all claims, demands, damages, loss of service, or expense for property damage and for personal injuries or actions brought by a third party resulting or arising from my participation in the above-described competition or my use of the facility in which this competition is held.

Further, I assume the risk of my participation in this sport and in this competition, which is potentially dangerous, like most other sports. Serious to minor injuries can and do occur. I further recognize that my participation in this competition is voluntary and requires that I assume the risk of this potentially dangerous sport and, therefore, I assume the risk of potential injury.

Further, if I am asked to submit to a drug test, 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 the 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 that 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 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 the drug test to which I submit is reported as positive, then I waive any claim, action, or cause of action for which legal relief is available.

I agree to pay any attorney fees and litigation expenses incurred by any person, real or corporate, whom I may sue in an effort to challenge this **Release of Claims**. 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 or my participation in this competition. If any provision of this **Release of Claims** shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this **Release of Claims** shall remain in full force and effect. I also certify with my signature that this **Release of Claims** cannot be modified orally.

BY SIGNING BELOW, I ACKNOWLEDGE THAT I HAVE READ AND FULLY UNDERSTAND THE INFORMATION CONTAINED IN THIS DOCUMENT AND THAT I SIGN THIS RELEASE OF CLAIMS VOLUNTARILY WITH KNOWLEDGE THAT I WAIVE IMPORTANT LEGAL RIGHTS.

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Signature of Parent or Guardian if the Participant is under 21 years old

\_\_\_\_\_  
Print Your Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Your Name

\_\_\_\_\_  
Date

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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			

**ALTERNATES**

1	
2	
3	
4	
5	

**ALL TEAM ROSTERS MUST BE RECEIVED BY 5:00 PM THE AFTERNOON  
OF FRIDAY, SEPTEMBER 02, 2011 FOR DECLARATION INTO THE CHAMPIONSHIP**