

# 2010 USAPL Illinois State / Great Rivers Open Powerlifting & Benchpress Championships Official Entry Form

**Meet Director:**  
Rick Fowler  
1713 Garfield  
Granite City, IL  
(618) 451-4737  
Email: Mens99Meet@AOL.COM

**Date:** May 21, 2011  
**Location:**  
Southeastern Illinois College  
3575 College Road  
Harrisburg, IL  
(See map on website)



**Times:**

<b>Friday May 20:</b> 6pm-8pm	Weigh-in and equipment check.
<b>Saturday May 21:</b> 7am-8:30am	Weigh-in and equipment check.
9 am	Lifting begins

(Note: Lifters setting State or American Records must weigh in a.m.  
Meet director must be notified 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 \$45 for adults.)

**Website:**  
[www.USAPLNationals.com](http://www.USAPLNationals.com)

**Wt. Classes:** **Womens:** 97 105 114 123 132 148 165 181 198 198+      **Mens:** 114 123 132 148 165 181 198 220 242 275 SHW

**Awards:** Awards will be awarded for the divisions listed below, by weight class:

**PL: Open, Masters, Teen, Raw**      **Bench Press: Open, Masters, Teen, Raw**      Best lifter awards for PL, BP  
(Masters and Teen will be by wt. class & age group)

**T-shirts:** Championship T-shirts will be available for pre-ordering.  
Shirts will be \$14 (XXL & up, \$16) include size and amount when sending entry.  
**Note:** All lifters will be listed on the back of the custom championship t-shirt.

**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. Lifters are required to wear a one piece singlet. No velcro on belts. All suits must be single ply. **Raw lifters:** Allowed only a singlet, belt, wrist wraps and neoprene knee sleeves. No velcro on knee sleeves

**Hotel:** Comfort Inn: 100A East Seright St., Harrisburg, IL (618) 252-2442      Super 8: 100 Seright Street, Harrisburg, IL (618) 253-8081

**Platforms:** Two, using the Round system.

**Admission:** \$5, kids 12 & under free.

**Entry Fee:** \$50.00 per lifter. \$20 each additional division.

**NOTE:** ENTRIES MUST BE POSTMARKED BY April 29th. 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

Presented by  
**StrongerCup.com**  
Graphic Design

Mail Entry Form & Entry Fee by May 1st to: 2011 USAPL Illinois State /  
Rick Fowler 1713 Garfield Granite City, IL 62040 Great Rivers Open Powerlifting & Benchpress Championships

## 2011 USAPL Illinois State / Great Rivers Open Powerlifting & Benchpress Championships Official Entry Form

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Birthdate: \_\_\_/\_\_\_/\_\_\_ Sex: \_\_\_ E-mail: \_\_\_\_\_

Address: \_\_\_\_\_  
Street City ST ZipCode

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 =	_____

Weight Class:	Circle your division(s):		
Illinois State Powerlifting (Open only to IL residents):  Open PL    Masters PL    Teen PL  <i>Entry fee is \$50 for the first division and \$20 for each additional division.</i>	<b>Great Rivers Powerlifting</b> (Open to anyone):  Open PL    Masters PL    Teen PL    Raw PL		
	<b>Great Rivers Benchpress Only</b> (Open to anyone):  Open BP    Masters BP    Teen BP    Raw BP		

**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

**Mail Entry Form & Entry Fee by April 29th to:**  
**Rick Fowler 1713 Garfield Granite City, IL 62040**