



2006 Kentucky State/ Bluegrass Open Powerlifting Championships

December 2nd, 2006 9 A.M.

WHERE

John F. Kennedy Community Center
515 S Alvasia St. Henderson, KY 42420

WHEN

Friday, December 1st, 2006

John F. Kennedy Community Center
Equipment Check & Weigh-in - 7-8:30 P.M.

Lifters attempting a State or National record must weigh-in Saturday.

Saturday, December 2nd, 2006

John F. Kennedy Community Center
Equipment Check & Weigh-in - 7-8:30 A.M.
Lifting begins at 9 A.M.

WHO

Lifters and teams must be registered with the USAPL and must be drug free by the definition of the USAPL. USAPL registrations will be available at the meet.

AWARDS

1st thru 3rd in each weight class ,
Teen, Raw (by formula) Open, and Master (by formula).
1st thru 3rd Team
Best Lifter M/F in Teen, Raw, Open, Master, and Bench.

WEIGHT CLASSES (in lbs)

Male
114 123 132 148 165 181 198 220 242 275 UNL
Female
97 105 114 123 132 148 165 181 198 UNL

SPECTATOR ADMISSION

\$5.00. 12 and under free

ENTRY FEE

\$40.00 for 1st division. \$20 for each additional division. Team entry \$40.00.

Team roster must accompany entry. **No refunds.**

ENTRIES MUST BE POSTMARKED BY Nov 15th, 2006.

RULES

Lifters must wear a singlet. No denim shirts. 10% of lifters will be urinalysis drug tested. Raw is defined as belt and wraps only. All USAPL rules will apply.

HOTEL

Sugar Creek Inn
2077 US 41N, Henderson, KY 42420
Phone: (270)-827-0127
Mention USAPL Powerlifting for a discount.

WEBSITE

The Missouri USAPL website has **online registration** and more information at: www.usaplnationals.com. For more information you may call 636-219-3205.

