

USAPL
FLORIDA STATE
BENCH PRESS & DEADLIFT CHAMPIONSHIPS

Official USAPL Sanctioned Championship

Saturday – APRIL 30, 2005

Location:

Nova Southeastern University
University School Sports Center
7500 Southwest 36th Street
Fort Lauderdale, Florida 33314-7796

Eligibility Requirements:

Open to registered USAPL members (Membership cards can be purchased at weigh-ins)

Weight Classes (lbs):

Male: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275 & SHW

Female: 97, 105, 114, 123, 132, 148, 165, 181, 198, 198+

Competition Lifting and Weigh-in Schedule:

Friday – April 29, 2005 (Contest Venue)

5:00 to 6:00 pm - Early weigh-in & equipment check available to all lifters

6:00 to 7:00 pm – Technical rules meeting with all coaches/ lifters who wish to attend

Saturday – April 30, 2005

11:00 to 12:30 pm - Weigh-in & equipment check for all lifters classes

12:30 to 1:00 pm – Rules briefing and/lifter warm-up

1:00 to 5:00 pm – Lifting for all classes

5:00 to 5:30 pm – Drug-testing protocol/Awards presentation

Divisions:

Open (14 and Up)

Teen I (14-15)

Teen II (16-17)

Teen III (18-19)

High School (JV/Varsity)

Junior (20-23)

University Student (full-time, no
age restriction)

Master I (40-49),

Master II (50-59),

Master III (60-69),

Master IV (70+)

Police/Fire/Military

Special Olympian (14 and Up)

Out of State

Awards:

Awards will be presented to all 1st – 5th place finishers, for each weight class and division. A special Champion of Champions award will be presented to the best overall male and female lifters for the contest. The overall best lifter is based on the Wilks formula. Also, awards will be presented to the 1st – 5th place teams.



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Technical Rules:

This competition is USAPL sanctioned and all USAPL/IPF rules will be followed. If you are not familiar with these rules, they can be found at the following URL (S):

IPF Rules -- http://www.powerlifting-ipf.com/IPF_rulebook.doc

World Wide Web:

Contest information, updates, nominations, etc. will be made available on the following Internet forum, which can be found at the following URL:

<http://b5.boards2go.com/boards/board.cgi?user=floridausapl>

<http://www.geocities.com/floridausapl/>

(Please check these two websites often for updates concerning the contest).

Travel and Hotel Arrangements

To make hotel reservations contact the Renaissance Hotel (less than 5 minutes from the contest site), at the following telephone number: **954.472.2252**, and reserve your room for **\$99.00 per night**. When making you reservations, indicate to them that you are with “USAPL powerlifting”, to receive the discounted rate.

The hotel’s URL is as follows: <http://www.renaissanceplantation.com/>

Directions to Renaissance – Plantation, Florida:

Please utilize the following URL for driving directions to both the hotel and contest venue: <http://www.mapquest.com/directions/>

Airport Shuttle

Ft. Lauderdale International Airport

<http://www.fortlauderdaleinternationalairport.com/>

Limo-link Transportation – 954.568.6011

<http://www.shuttle.ht411.com/>

Admission:

All spectators and coaches may enjoy the competition for an admission fee of \$5.00 per day. Contest programs and T-shirts will be available for an additional fee.

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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: _____ Powerlifting Club _____

(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 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 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, 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, 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		Date	
<i>If Contestant is under 18</i>			

Check the Divisions you will be lifting in:

- | | | |
|--|---|--|
| <input type="checkbox"/> Open (all ages 14 and up) | <input type="checkbox"/> Junior (20-23) | <input type="checkbox"/> Masters I (40-49) |
| <input type="checkbox"/> Teen I (14-15) | <input type="checkbox"/> Youth (10 -11) | <input type="checkbox"/> Masters II (50-59) |
| <input type="checkbox"/> Teen II (16-17) | <input type="checkbox"/> Youth (12-13) | <input type="checkbox"/> Masters III (60-69) |
| <input type="checkbox"/> Teen III (18-19) | <input type="checkbox"/> Police/Fire/Military | <input type="checkbox"/> Masters III (70+) |
| <input type="checkbox"/> High School JV & Varsity | <input type="checkbox"/> Special Olympian | <input type="checkbox"/> Out of State |

Please specify the weight class that you will be lifting at: _____ Age: _____ Date of Birth: _____

PLEASE SPECIFY T-Shirt SIZE(s): Cost at Meet - \$15.00 each: M L XL XXL XXXL

ENTRY FEE (S): Place

- _____ \$50.00 – Single-lift Bench Press Division
- _____ \$50.00 – Single-lift Deadlift Division
- _____ \$75.00 – Combined Bench Press & Deadlift for Total
- _____ \$25.00 – Each additional Division Entered (see above)
- _____ \$60.00 – Team Entry Fee (see reverse side of this form)

APPLICATIONS MUST BE POSTMARKED BY NO LATER THAN SATURDAY, April 15, 2005!

Important Note: *If your application/entry is late, you must notify the meet director either via e-mail, or by telephone.*

CHECK OR MONEY ORDERS PAYABLE AND MAILED TO THE FOLLOWING:

Robert Keller - Contest Director
 4264 Vineyard Circle ***Weston, Florida 33332-2154
 Telephone: 954.384.4472 * E-mail: rhk@verizon.net
<http://www.geocities.com/floridausapl>



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FULL TEAM NAME: _____

HEADCOACH: _____ MANAGER: _____

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

TEAM ENTRY FEE

Team entry fees are \$60.00 for each division (e.g., one men's and one women's team would be \$60.00 each totaling \$120.00). Also, you may have 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 two alternates. These alternates may be substituted at any time prior to the commencement of the weigh-in for a particular bodyweight category. Team scoring will be calculated in accordance with USAPL/IPF rules.

**ALL TEAM ROSTERS MUST BE RECEIVED BY NOON (12:00pm) THE AFTERNOON
OF SATURDAY, APRIL 30, 2005 FOR DECLARATION INTO THE CHAMPIONSHIP**

