

USAPL
FLORIDA STATE
POWERLIFTING CHAMPIONSHIPS

Officially Sanctioned USA Powerlifting Championship

SATURDAY/SUNDAY – FEBRUARY 4 & 5, 2006

Location:

Ramada Riverfront Hotel
2500 EDWARDS DRIVE - FORT MYERS, FL 33901
TOLL FREE 1-800-833-1620 / PHONE (239) 337-0300 / FAX (239) 337-1530
contact@ramadariverfront.com
www.ramadariverfront.com

Eligibility Requirements:

Open to all registered USAPL members that live in the state of Florida (Membership cards can be purchased at weigh-in/Equipment Check).

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 – February 3, 2006

3:00 – 5:00pm – State/National Referee Certification Clinic/Written Examination
5:00 – 6:00pm – Referee Technical Meeting & Early Equipment Check for Saturday Lifters
7:00 – 8:00pm – USAPL Florida State Executive Committee Meeting (Everyone is welcome)

Saturday – February 4, 2006

Session I:

08:00 to 09:30am - Weigh-in & equipment check for all women lifters
08:00 to 09:30am - Weigh-in & equipment check for men's classes 114 to 181
09:30 to 10:00am - Rules briefing/lifter warm-up
10:00 to 5:00pm – Lifting for all women and men's classes 114 to 181
6:00 to 7:00pm – Early Equipment Check for all Sunday Lifters

Sunday – February 5, 2006

Session II:

08:00 to 09:30am - Weigh-in & equipment check for all men's weight classes 198 to SHW
09:30 to 10:00am - Rules briefing/lifter warm-up
10:00am to 5:00pm – Lifting for all women and men's classes 198 to SHW

Divisions:

Open (14 and Up)	Master I (40-49),
Teen I (14-15)	Master II (50-59),
Teen II (16-17)	Master III (60-69),
Teen III (18-19)	Master IV (70+)
Junior (20-23)	Police/Fire/Military
University Student	

Special Note: Please send your contest application/entry in early. This year's contest will be limited to the first 100 lifters, and will be a one-platform event. Entry forms must be post-marked by Monday, January 16, 2006, to avoid a late fee being applied to your application.



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Awards:

Awards will be presented to 1st – 5th place finishers for each weight class and division. Overall outstanding lifter awards will be presented to the best male and female lifter for the championship. Awards shall also be presented to the top five (5) teams (All team rosters must be presented to meet director prior to the first weigh-in). All teams must be registered with USA Powerlifting.

Technical Rules:

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

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

World Wide Web:

Contest information, updates, nominations, etc., shall be made available on the following internet forum board, 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).

Directions to the Ramada Riverfront Hotel – Ft. Myers:

Please utilize the following URL for driving directions to the contest venue:

http://www.ramadariverfront.com/M_and_Directions.htm

Hotel Accommodations/rates:

Ramada Riverfront Hotel shall offer Double Rooms at \$65.00 per night plus tax/Suites at \$75.00 per night with tax. The CUT OFF DATE for these rates is January 25, 2005. Please call and make your reservations at: 1.800.833.1620 - Ext: 4106. Please mention to the staff of the Ramada that you are with “Florida Weightlifting” when reserving your room[s]. Key and important, “Due to seasonal vacation requirements in the State of Florida, the reduced rates are only available until January 25th, 2006, after this date the price will no longer be available”. Given this, please make your reservations early!

Drug-Testing:

The contest will be drug-tested in accordance with USAPL/IPF/WADA guidelines. Any questions with regards to the drug-testing procedures should be directed to the USAPL drug-testing committee. They can be reached at the following telephone number: 219.456.8485. Further information can be found at the following URL:

http://www.usapowerlifting.com/drug_testing/index.shtml

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 a small 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: _____ 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 <i>If Contestant is under 18</i>	Date

Check the Division 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"/> University/College Student | <input type="checkbox"/> Masters II (50-59) |
| <input type="checkbox"/> Teen II (16-17) | <input type="checkbox"/> Police/Fire/Military | <input type="checkbox"/> Masters III (60-69) |
| <input type="checkbox"/> Teen III (18-19) | <input type="checkbox"/> Guest Lifter (out of state) | <input type="checkbox"/> Masters III (70+) |

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

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

ENTRY FEE (S):

- _____ \$60.00 per lifter for the contest
- _____ \$30.00 per additional division
- _____ \$60.00 per team (must be registered with USA Powerlifting – can apply at the contest)

Applications are to be **post-marked** by January 16, 2006 – Late fee of \$50.00 after this date.

*Important Note: If your application/entry is late, you must notify the meet director either via e-mail, or by telephone.
No refunds shall be provided to any athlete that withdraws from the contest.*

CHECK OR MONEY ORDERS PAYABLE AND MAILED TO THE FOLLOWING:

James Dundon - Contest Director
FGCU Powerlifting Club/Campus Recreation Department
10501 FGCU Boulevard (South) * Fort Myers, Florida 33965
Telephone: (239) 590-7709 * E-mail: jdundon@fgcu.edu

