

**USAPL**  
**FLORIDA STATE HIGH SCHOOL**  
**BENCH PRESS & POWERLIFTING CHAMPIONSHIPS**

**Official USA Powerlifting Sanctioned Championship**

Saturday – May 13, 2006

**Location:**

Nova Southeastern University  
University High 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 – May 12, 2006 [Contest Venue - University High School Sports Center]**

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 – May 13, 2006 [Contest Venue – University High School Sports Center]**

07:00 to 08:30 am - Weigh-in & equipment check for all lifters classes

08:30 to 09:00 am – Rules briefing and/lifter warm-up

09:00 to 02:00 pm – Lifting for all classes/Awards Ceremony

02:00 to 2:30 pm – Drug-testing protocol

**Divisions:**

Boys/Girls High School JV (Freshman/Sophomore) Bench Press Only

Boys/Girls High School Varsity (Junior/Senior) Bench Press Only

Boys/Girls High School JV (Freshman/Sophomore) Powerlifting

Boys/Girls High School Varsity (Junior/Senior) Powerlifting

**Awards:**

Individual awards will be presented to all 1<sup>st</sup> – 5<sup>th</sup> place finishers, for each weight class, in each division. A special Champion of Champions award will be presented to the best overall male and female lifters. The overall best lifter is based on the Wilks formula. Also, awards will be presented to the 1<sup>st</sup> – 5<sup>th</sup> 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](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**

**Renaissance Hotel**

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 **\$119.00 per night**. Cut off date for making reservations is April 10, 2006. In order to receive the discounted, when making your reservations, indicate to the hotel staff member that you are with [USA Powerlifting]. Further info:

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

**Comfort Inn**

To make hotel reservations contact the Comfort Suite Inn (less than 5 minutes from the contest site), at the following telephone number: **(954) 585-7071**, and reserve your room for **\$89.00 [king bed]** and **\$99.00 [two double beds]**. Cut off date for making reservations is April 10, 2006. In order to receive the discounted, when making your reservations, indicate to the hotel staff member that you are with [USA Powerlifting].

The Comfort Inn provides free transport from the airport to the hotel and back to the airport. They also shall provide free transport to the lifting venue and back to the hotel. Further info: <http://www.choicehotels.com/ires/hotel/fl591>

**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: \_\_\_\_\_ High School: \_\_\_\_\_

(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.

<b>Signature of lifter</b>		<b>Date</b>	
<b>Signature of Parent Or Legal Guardian</b>		<b>Date</b>	
<i>If Contestant is under 18</i>			

**Check the Divisions you will be lifting in:**

- |  |   |
|--|---|
| <input type="checkbox"/> High School JV Bench Press  | <input type="checkbox"/> High School Varsity Bench Press  |
| <input type="checkbox"/> High School JV Powerlifting | <input type="checkbox"/> High School Varsity Powerlifting |

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):**

- \_\_\_\_\_ \$40.00 – Single-lift Bench Press Division
- \_\_\_\_\_ \$60.00 – Powerlifting [Squat, Bench Press & Deadlift]
- \_\_\_\_\_ \$25.00 – Each additional Division Entered
- \_\_\_\_\_ \$60.00 – Team Entry Fee (see reverse side of this form)
- \_\_\_\_\_ \$15.00 – Championship T-shirt

**APPLICATIONS MUST BE POSTMARKED BY NO LATER THAN SATURDAY, APRIL 29, 2006!**

**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**  
 Post Office Box 291571 – Davie, Florida 33329-1571  
 Telephone: 954.790.2249 \* Fax: 954.301.3344 \* E-mail: [rhk@verizon.net](mailto: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 9:00 AM THE MORNING  
OF SATURDAY, MAY 13, 2006 FOR DECLARATION INTO THE CHAMPIONSHIP**

