

# **2<sup>nd</sup> USAPL U.S. OPEN BENCH PRESS CHAMPIONSHIPS**

**Officially Sanctioned USA Powerlifting Championship**

**Saturday – July 07, 2007**

## **Contest Venue and Location:**

**Gold's Gym -- Port St. Lucie, Florida  
250 Northwest Peacock Boulevard  
Port St. Lucie, Florida 34986  
Phone: 772-878-7662 \* Fax: 772-878-7603  
[www.goldsgym.com/portstluciefl](http://www.goldsgym.com/portstluciefl)**

## **Eligibility Requirements:**

Open to ALL 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 – July 06, 2007 [Gold's Gym – Port St. Lucie]**

**4:00 to 5:00 pm -- Early equipment check available to all lifters  
5:00 to 5:30 pm – Technical rules meeting with all coaches/ lifters who wish to attend  
\* Highly recommended for novice lifters participating in the championship.**

### **Saturday – July 07, 2007 [Gold's Gym – Port St. Lucie]**

**08:00 to 09:30 am - Weigh-in & equipment check for all lifters classes  
09:30 to 10:00 am – Rules briefing and/lifter warm-up  
10:00 to 4:00 pm – Lifting for all classes  
04:00 to 5:00 pm – Drug-testing protocol/Awards presentation**

## **Divisions:**

<b>Open (14 and Up)</b>	<b>Master II (50-59)</b>
<b>Teen I (14-15)</b>	<b>Master III (60-69)</b>
<b>Teen II (16-17)</b>	<b>Master IV (70+)</b>
<b>Teen III (18-19)</b>	<b>Police/Fire/Military</b>
<b>High School (JV/Varsity)</b>	<b>Special Olympian (14 and Up)</b>
<b>Junior (20-23)</b>	<b>Raw/Unequipped</b>
<b>Master I (40-49)</b>	<b>Disabled /Paralympic Athlete</b>

## **Awards:**

Awards will be presented to all 1<sup>st</sup> – 5<sup>th</sup> 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. Awards will also 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): [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**

Hampton Inn – Port St. Lucie  
155 South Peacock Boulevard  
Port St. Lucie, Florida 34986  
Telephone: 772.876.5900  
Rate: \$119.00 + tax, per night  
Group Code: USA Powerlifting

Spring Hill Suites – Port St. Lucie  
2000 Northwest Courtyard Circle  
Port St. Lucie, Florida 34986  
Telephone: 772.871.2929  
Rate: \$139.00 + tax, per night  
Group Code: USA Powerlifting

\* Spring Hill Suites is the official  
contest hotel

## **Directions to Gold's Gym – Port St. Lucie, Florida:**

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

## **Airport Shuttle**

West Palm Beach International Airport  
[www.pbia.org/](http://www.pbia.org/)

Airport Express Shuttle Service / 772.398.7190  
[www.ride2pbi.com/](http://www.ride2pbi.com/)

## **Admission:**

All spectators and coaches may enjoy the competition for an admission fee of \$5.00 per day. T-shirts will be available for a fee of \$15.00 (small to large) \$20.00 for XL and above.



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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.

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

**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 & (12 – 13)   | <input type="checkbox"/> Masters II (50-59)  |
| <input type="checkbox"/> Teen II (16-17)           | <input type="checkbox"/> Disabled /Paralympic Athlete | <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"/> Unequipped/Raw      |

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
- \_\_\_\_\_ \$30.00 – Each additional Division Entered [See above]
- \_\_\_\_\_ \$50.00 – Late Fee post-marked after the deadline of June 20, 2007.
- \_\_\_\_\_ Total

**APPLICATIONS MUST BE POSTMARKED BY NO LATER THAN SATURDAY, JUNE 20, 2007!**

***Important Note: If your application/entry is late, you must notify the meet director either via e-mail, or by telephone. There are NO Refunds! If your entry is LATE, you will be assessed the required fees.***

**CHECK OR MONEY ORDERS PAYABLE AND MAILED TO THE CONTEST DIRECTOR:**

**Brian Burritt - Contest Director**

2341 Maslan Avenue

Port Saint Lucie, Florida [USA] 34952

Home: 772.337.0749 \* Cell: 973.390.3565 \* E-mail: [brianburrirt@bellsouth.net](mailto:brianburrirt@bellsouth.net)

**USA Powerlifting – Florida Representatives / Information requests**

Robert Keller – [rhk@verizon.net](mailto:rhk@verizon.net) \* Telephone: 954.790.2249 \* Fax: 954.301.3344

Jim Dundon – [jdundon@fgcu.edu](mailto:jdundon@fgcu.edu) \* Telephone: 239.590.7709



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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 8:00 AM THE MORNING  
OF SATURDAY, JULY 07, 2007 FOR DECLARATION INTO THE CHAMPIONSHIP**

