

5th USAPL
SOUTHEASTERN USA REGIONAL
BENCH PRESS & POWERLIFTING CHAMPIONSHIPS

Officially Sanctioned USA Powerlifting Championship

Sunday – October 26, 2008

Contest Venue and Location:

Hilton Hotel – Downtown
1601 Biscayne Boulevard - Miami Florida 33132
Telephone: 305-374-0000 / Fax: 305-714-3811
www.hiltonmiamidowntown.com

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:

Saturday – October 25, 2008 [Hilton Hotel Ballroom]

5:00 pm -- Early equipment check available to all lifters

Sunday – October 26, 2008 [Hilton Hotel Ballroom]

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

08:15 to 08:30 am – Rules briefing and/lifter warm-up

09:00 to 4:00 pm – Lifting for all athletes

04:00 to 5:00 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)

Master I (40-49)

Master II (50-59)

Master III (60-69)

Master IV (70+)

Police/Fire/Military

Special Olympian (14 and Up)

Raw/Unequipped

Disabled /Paralympic Athlete

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. Awards will also be presented to the 1st – 5th place teams.

5th USAPL
SOUTHEASTERN USA REGIONAL
BENCH PRESS & POWERLIFTING CHAMPIONSHIPS

Officially Sanctioned USA Powerlifting Championship

Sunday – October 26, 2008

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

Florida State Webpage and Forum Message Board:

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].

Florida State Records

The USAPL Florida State Records can be found at the following URL:

www.geocities.com/floridausapl/records

Travel and Hotel Arrangements

Hilton Hotel – Downtown Miami

To make hotel reservations contact the Hilton Hotel at the following telephone number: **305.374.0000** and reserve your room for **\$109.00 per night**. Cut off date for making reservations is Wednesday, October 01, 2008. In order to receive the discounted rate, indicate to customer service representative that you are with **[USA Powerlifting]**. Important, if you experience any difficulty making your reservations, or require alternative accommodations, please contact me directly at: rhk@verizon.net or at: 954.790.2249. Further info: www.hiltonmiamidowntown.com

Parking

If you do not wish to park at the Hilton Hotel, alternative parking can be found two [2] blocks away at American Car Parks located at 245 Northeast 14th Street [Between Biscayne and 2nd Avenue]. The cost will range from between \$10.00 - \$15.00 per day.

Airport Shuttle

Miami International Airport - www.miami-airport.com

Shuttle Transportation to the Radisson Hotel from the Miami Int'l Airport

Super Shuttle: \$15.00 per person - Telephone: 305.871.2000

Webpage: www.supershuttle.com

Rental Car

Enterprise Rent-a-Car serve as one of the official sponsors of Florida Powerlifting. If you require a rental car for this championship, please contact Tiffany Arango at: 954.410.6645 and mention USA Powerlifting for our special rates. Our account number is: 41 W 0328

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 - \$20.00.

5th USAPL
SOUTHEASTERN USA REGIONAL
BENCH PRESS & POWERLIFTING CHAMPIONSHIPS

Officially Sanctioned USA Powerlifting Championship

Sunday – October 26, 2008

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 & (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): S M L XL XXL XXXL

ENTRY FEE (S): Place

- _____ \$60.00 – Powerlifting Competition
- _____ \$50.00 – Bench Press Competition
- _____ \$75.00 – Combined Bench Press Open + Powerlifting Competition
- _____ \$25.00 – Each additional Division Entered (see above)
- _____ \$15.00 – Official Competition T-shirt [Small – Large]
- _____ \$20.00 – Official Competition T-Shirt [XL – XXXL]
- _____ \$50.00 – Team Fee [See Reverse Side]
- _____ \$50.00 – Late Fee [Entry Post-marked after Monday, October 06, 2008]
- _____ Total Amount

APPLICATIONS MUST BE POSTMARKED BY NO LATER THAN MONDAY OCTOBER 06, 2008!

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 CONTEST DIRECTOR:

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

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

5th USAPL
SOUTHEASTERN USA REGIONAL
BENCH PRESS & POWERLIFTING CHAMPIONSHIPS

Officially Sanctioned USA Powerlifting Championship

Sunday – October 26, 2008

FULL TEAM NAME: _____

HEADCOACH: _____ MANAGER: _____

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

TEAM ENTRY FEE

Team entry fees are \$50.00 for each division (e.g., one men's and one women's team would be \$50.00 each totaling \$100.00). 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 7:00 AM THE MORNING
OF SUNDAY, OCTOBER 26, 2008 FOR DECLARATION INTO THE CHAMPIONSHIP**