

3rd USAPL U.S. OPEN BENCH PRESS & DEADLIFT CHAMPIONSHIPS

Official USA Powerlifting Sanctioned Championship

Sunday – July 06, 2008

Location:

Hyatt Regency Hotel Grand Ballroom

400 Southeast 2nd Avenue

Miami, Florida 33131

Telephone: 305.358.1234 * Fax: 305.358.0529

<http://miamiregency.hyatt.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 – July 05, 2008 [Grand Ballroom – Hyatt Hotel]

6:00 to 6:30 pm - Early equipment check available to all lifters

6:30 to 7:00 pm – Technical rules meeting for all coaches/ lifters

Sunday – July 06, 2008 [Grand Ballroom – Hyatt Hotel]

09:00 to 10:30 am - Weigh-in & equipment check for all lifters classes

10:30 to 11:00 am – Rules briefing and/lifter warm-up

11:00 to 3:00 pm – Lifting for all classes

3:00 to 4:00 pm – Drug-testing protocol/Awards presentation

* The competition will take place in the Grand Ballroom of the Hyatt Hotel.

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)

Collegiate

Raw/Unequipped

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 lifter for the contest. The overall best lifter is based on the Wilks formula. Awards will also be presented to the 1st – 5th place teams.

3rd USAPL U.S. OPEN BENCH PRESS & DEADLIFT CHAMPIONSHIPS

Official USA Powerlifting Sanctioned Championship

Sunday – July 06, 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 (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

Hyatt Hotel

To make hotel reservations contact the Hyatt Hotel (less than 10 minutes from the Miami International Airport), at the following telephone number: **954.358.1234**, and reserve your room for **\$109.00 per night**. Cut off date for making reservations is June 04, 2008. 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.miamiregency.hyatt.com>

When making your reservations at the Hyatt Hotel, please refer to the following group code: International Powerlifting Federation

Parking at the Hyatt

Please park at the Bank of America Tower Building Adjacent to the Hotel -- The cost is up to \$12.00 per day.

Airport Shuttle

Miami International Airport

<http://www.miami-Airport.com>

Super Shuttle / 305.871.8210 / \$18.00 per trip

<http://www.supershuttle.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.

3rd USAPL U.S. OPEN BENCH PRESS & DEADLIFT CHAMPIONSHIPS

Official USA Powerlifting Sanctioned Championship

Sunday – July 06, 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 <i>If Contestant is under 18</i>		Date	

Check the Divisions you will be lifting in:

- | | | |
|--|---|--|
| <input type="checkbox"/> Open (all ages 14 and up) | <input type="checkbox"/> Raw/Unequipped | <input type="checkbox"/> Masters I (40-49) |
| <input type="checkbox"/> Teen I (14-15) | <input type="checkbox"/> Junior (20-23) | <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"/> Collegiate |

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):

- _____ \$50.00 – Single-lift Bench Press Division
- _____ \$50.00 – Single-lift Deadlift Division
- _____ \$60.00 – Combined Bench Press & Deadlift for Total
- _____ \$30.00 – Each Additional Division Entered (see above)
- _____ \$60.00 – Team Entry Fee (see reverse side of this form)
- _____ \$15.00 – Championship T-shirt / Small to Large
- _____ \$20.00 – Championship T-shirt / XL – XXXL

APPLICATIONS MUST BE POSTMARKED BY NO LATER THAN WEDNESDAY, JUNE 25, 2008!

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. The late fee will apply if entry is post-marked after June 25, 2008.

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

3rd USAPL U.S. OPEN
BENCH PRESS & DEADLIFT CHAMPIONSHIPS

Official USA Powerlifting Sanctioned Championship

Sunday – July 06, 2008

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 10 lifters spread throughout the range of the 10-bodyweight categories for men, and 9 lifters throughout the range of 9 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 MORNING OF SUNDAY, JULY 06, 2008 FOR DECLARATION INTO THE CHAMPIONSHIP