

USA POWERLIFTING
EUROPA SHOW OF CHAMPIONS
BENCH PRESS & POWERLIFTING CHAMPIONSHIPS
Saturday, April 18, 2009

Championship Venue Location:
Orange County Convention Center – North Concourse
9800 International Drive
Orlando, Florida 32819-8706
www.orlandosportsexpo.com
www.occc.net

Eligibility Requirements:

Open to all registered USAPL members (Membership cards can be purchased at weigh-ins)

Bodyweight 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 Weigh-in and Lifting Schedule:

Friday – April 17, 2009 [Contest Venue/North Concourse – Orange County Convention Center]

4:00 to 5:00 pm – Technical rules meeting with all coaches/ lifters who wish to attend
5:00 to 6:00 pm - Early equipment check available to all lifters

Saturday – April 18, 2009 [Contest Venue/North Concourse – Orange County Convention Center]

7:00 am to 8:30 am - Weigh-in & equipment check for all lifters classes
8:30 am to 9:00 am – Rules briefing and/lifter warm-up
9:00 am to 5:00 pm – Lifting for all classes
5:00 pm to 5:30 pm – Drug-testing protocol/Awards presentation

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+)
High School (JV/Varsity)	Police/Fire/Military
Junior (20-23)	Special Olympian
University Student (full-time, no age restriction)	Paralympian

Awards:

Awards will be presented to all 1st – 5th place finishers, for each weight class and division. Special gifts bags will be presented to each athlete, along with a certificate of participation in the show. A special Champion of Champions award will be presented to the best overall male and female lifters for both the bench press and powerlifting competitions. The overall best lifter will determined by the Wilks Formula. Team awards will be presented to the 1st – 5th place squads.

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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 here:

<http://www.powerlifting-ipf.com/Technical-Rules.50.0.html>

World Wide Web:

Contest information, updates, and start list/nominations will be posted here:

www.geocities.com/floridausapl

www.orlandosportsexpo.com/powerlifting.php

Accommodations – Hilton Hotel

Please see the following link to make hotel accommodations:

www.orlandosportsexpo.com/hotel.php

Transportation to the Convention Center from the Hilton – the official competition hotel, will be provided for no charge.

If less expensive hotel accommodations are required, please contact me directly by no later than April 01, 2009.

Airport Shuttle

Please contact the Hilton to arrange your transportation from the airport to the hotel.

www.orlandosportsexpo.com/hotel.php

Admission Tickets and Schedule for the Sports Expo:

Please review the following link for information on tickets

<http://www.orlandosportsexpo.com/schedule.php>

Rental Car

Enterprise Rent-a-Car serves 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 your special rates.

Directions to Venue and Parking Locations

Directions to the Orange County Convention Center can be found here:

<http://www.occc.net/global/Directions.asp>

The Orange County Convention Center will charge \$8.00 to park for this event.

Convention Center Guest Services

Buffet restaurants with full cocktail service in the North and South Concourse.

A variety of Retail Food concepts to include OC Spice Grill, Florida Surf & Turf, Big Dolphin Deli, Tortilla Junction, La Mia Familia, Habana Grill, Ezra's Barbeque, ZaZa's Cuban Coffee, Hill of Beans Coffee, Chef Audrey's Pizza, Taste of the East.

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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.

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"/> High School Varsity | <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"/> Paralympian | <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 | <input type="checkbox"/> Special Olympian | <input type="checkbox"/> Collegiate/University |

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 Only Division
- _____ \$60.00 – Powerlifting [Squat, Bench Press and Deadlift]
- _____ \$75.00 – Combined Bench Press Only & Powerlifting Competition
- _____ \$25.00 – Each additional division entered (see above)
- _____ \$60.00 – Team Entry Fee (please see reverse side of this form)
- _____ \$50.00 – Late Fee for Entry Forms Post-marked after **April 01, 2009**.
- _____ \$15.00 – Official Championship T-shirt [Small to Large] - \$20.00 [XL to XXXL]
- _____ Total Enclosed

Important Note: If your application/entry form is late, you must notify the meet director either by e-mail, or telephone. There are no refunds. The late fee will apply, to everyone, if your entry is post-marked after April 01st

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>

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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 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 7:00 AM THE MORNING
OF SATURDAY, APRIL 18, 2009 FOR DECLARATION INTO THE CHAMPIONSHIP**