



Post Office Box 291571 \* Davie, Florida 33329  
Telephone: 954.790.2249 \* Fax: 954.301.3344 \* E-mail: rhk@verizon.net

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**Monday, October 05, 2009**

Dear USA Powerlifting – Florida Member:

Greetings! It is my pleasure to announce to you that the *USAPL Southeastern USA Regional Bench Press, Push-Pull, and Powerlifting Championships* will be held at Florida Gulf Coast University located in Ft. Myers, Florida on Saturday, December 05, 2009. I have attached a copy of the official contest application for your review.

The contest equipment for the championship will be of international caliber, and will include three [3] ER/Combo squat/bench press racks from Denmark along with calibrated Ivanko bars/weights. Official Barload software program and a computerized scoring system shall be used to direct and calculate the individual and team scoring for the championship.

Key and important, both international and national referees will be in attendance for lifters to set USAPL American Records. Also, the championship shall be drug-tested in accordance to USAPL/IPF standards. In addition, if you require powerlifting gear, commercial sellers will be available with the most up-to-date equipment to accommodate your specific needs.

The deadline for all contest entry forms will be [Monday, November 23, 2009].

To close, if you have any questions regarding this championship, or if I can be of further assistance, I can be reached via e-mail: rhk@verizon.net or telephone number: 954.790.2249. On behalf of administration of USA Powerlifting – Florida, I would like to take this opportunity to wish you much success with your training for this competition and I personally look forward to seeing you at the championship -- Thank you!

Sincere regards,

*Robert Keller*

Robert H. Keller  
Contest Director  
USAPL Southeastern USA Regional  
Bench Press, Push-Pull, and Powerlifting Championships