

USA POWERLIFTING
SOUTHEASTERN USA REGIONAL
BENCH PRESS & POWERLIFTING CHAMPIONSHIPS
Saturday – December 05, 2009
Florida Gulf Coast University – Ft. Myers, Florida
Officially Sanctioned USA Powerlifting [USAPL] Championship

Competition Location:

Alico Arena
Campus Recreation Center Auxiliary Gymnasium
Florida Gulf Coast University
10501 FGCU Boulevard -- Fort Myers, Florida 33965-6565

Eligibility Requirements:

- 1) Contest is open to all lifters (Membership applications for the USAPL will be available at weigh-in)
- 2) No qualifying totals or contests are required to enter this championship.
- 3) National referees will be available to set USAPL American Records.

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 – December 4, 2009

5:00 to 5:30 pm – Early equipment check available to all lifters

5:30 to 6:00 pm – Technical rules meeting with all coaches and athletes

Saturday – December 5, 2009

12:00 to 1:30 pm – Weigh-in & equipment check for all lifters

1:30 to 2:00 pm – Rules briefing and/lifter warm-up

2:00 to 5:00 pm – Lifting for all athletes

5:00 to 5:30 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)

University Student (full-time, no age restriction)

Paralympics Athlete

Police/Fire/Military

Special Olympian (14 and Up)

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 lifters for the contest. The overall best lifter is based on the Wilks formula. Also, awards will be presented to the 1st – 5th 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 here:

IPF Rules -- <http://www.powerlifting-ipf.com>

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

If you require hotel reservations, please contact me directly at: rhk@verizon.net

Fort Myers Airport Shuttle

Taxicabs can be found at the airport, downstairs outside “Door 5”. The approximate time from the airport to the university via a cab is 20 minutes. The approximate fare is \$20.

If you would like to prearrange for limo service to the university, go to:

http://www.flylcpa.com/rsw/linkpages/ql_groundtransportation.php

The approximate fare using a limo service is \$30 for 1 to 3 people.

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 cost.

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 me directly and I will place you in contact with our corporate contact person to receive a discount on your rental car. I can be reached at: rhk@verizon.net

Directions to Venue and Parking Locations

Please review the following website for directions to the campus recreation department:

http://www.fgcu.edu/CampusRec/Fitness/Files/Driving_Directions_for_Recreation_Center.pdf

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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 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"/> Collegiate/University | <input type="checkbox"/> Paralympics Athlete |
| <input type="checkbox"/> Teen I (14-15) | <input type="checkbox"/> Junior (20-23) | <input type="checkbox"/> Raw/Unequipped |
| <input type="checkbox"/> Teen II (16-17) | <input type="checkbox"/> Youth (12-13) | |
| <input type="checkbox"/> Teen III (18-19) | <input type="checkbox"/> Police/Fire/Military | |
| <input type="checkbox"/> High School JV /Varsity | <input type="checkbox"/> Special Olympian | |

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 – Bench Press Only Division
- _____ \$50.00 – Deadlift Only Division
- _____ \$60.00 – Bench Press/Deadlift [Push/Pull] for Total
- _____ \$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)
- _____ \$15.00 – Championship T-shirt [Small to Large] - \$20.00 [XL to XXXL]
- _____ \$50.00 – Late Fee [Entry Form is posted marked after Monday November 23, 2009]
- _____ Total Enclosed

APPLICATIONS MUST BE POSTMARKED BY NLT MONDAY, NOVEMBER 23, 2009

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 November 23, 2009.

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, DECEMBER 05, 2009 FOR DECLARATION INTO THE CHAMPIONSHIP**