

**3<sup>rd</sup> USAPL  
FLORIDA COLLEGIATE  
BENCH PRESS CHAMPIONSHIPS**

**Official USA Powerlifting Sanctioned Championship**

Saturday, April 15, 2006

**Location:**

University of Miami - Ash Auditorium  
James L. Knight Center  
400 SE Second Avenue, Suite 402 - Miami, Florida 33131-2117  
Phone: 305-284-5137 \*\* Fax: 305-810-1181 \*\* [www.umknight.com](http://www.umknight.com)

**Eligibility Requirements:**

- 1) Must be a full-time registered undergraduate/graduate student.
- 2) Must be a USAPL member (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 – April 15, 2006 [University of Miami Ash Auditorium – James L. Knight Center]**

4:00 to 5:30 pm – Weigh-in/Equipment check for all lifters

5:30 to 6:00 am – Rules briefing and/lifter warm-up

6:00 to 7:30 pm – Lifting will take place

7:30 to 8:00 pm – Drug-testing protocol/Awards presentation

**\*\*\*\*\*Music will be played between all attempts – Bring Your favorite CD with you\*\*\*\*\***

**Divisions:**

Men's Collegiate Open

Women's Collegiate Open

**Awards:**

Awards will be presented to the 1<sup>st</sup> – 5<sup>th</sup> place finishers for each weight class. Champion of Champions award will be presented to the best overall male and female lifter. The overall best lifter will be calculated by the IPF Wilks formula. Team awards will be presented for 1<sup>st</sup> – 5<sup>th</sup> place [Men, Women and Combined]. The combined team scoring will be calculated via the top 6 lifters. The combined award will be calculated adding the two together. Participation certificates will be given to all lifters.

**2006 Collegiate National Powerlifting Championships:**

This will be a separate event held in conjunction with the 2006 USAPL Collegiate National Powerlifting Championships. No qualifying events or totals required for the bench press event.



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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 at the following URL (S):

IPF Rules -- [http://www.powerlifting-ipf.com/IPF\\_rulebook.doc](http://www.powerlifting-ipf.com/IPF_rulebook.doc)

**World Wide Web:**

Contest information, updates, nominations, etc. will be made available on the following web-page, which can be found at the following:

<http://www.ipfworlds.com/collegiate>

**Hotel Arrangements & Transportation Information [Revised on January 30, 2006]**

The Hyatt-Regency located in downtown Miami shall serve as the official championship hotel. Key and important, the hotel and is connected directly to the University of Miami – James L. Knight Center. Hotel Contact information is as follows:

*Hyatt Regency - Miami [Connected directly to the University of Miami – James L. Knight Center]*  
400 South East Second Avenue  
Miami, Florida  
USA 33131-2197

Please call 305.358.1234 to make reservations – Group Code: USA Powerlifting

The following is the web-link for the hotel:

<http://miamiregency.hyatt.com/property/index.ihtml>

Please make your hotel reservations early by NLT March 24, 2006 to receive the group rate of \$99.00 per night + tax. This is an exceptional rate, so please make your reservations early.

**Airport Shuttle**

Super Shuttle (Tel: +1-305.871.2000) will provide transportation to the Hyatt for \$11.00 from the Miami – International Airport. [www.supershuttle.com](http://www.supershuttle.com)

**Spectators/T-shirts/Tickets**

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 (small to large) and \$20.00 for XL and above. One coaching pass will be provided for each team entry received.



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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: \_\_\_\_\_ University/College \_\_\_\_\_

(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.

<b>Signature of lifter</b>		<b>Date</b>	
<b>Signature of Parent Or Legal Guardian</b>			
<i>If Contestant is under 18</i>		<b>Date</b>	

**Check the Divisions you will be lifting in:**

Men's Collegiate Bench Press       Women's Collegiate Bench Press

Please specify the weight class that you will be lifting at: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

**PLEASE SPECIFY T-Shirt SIZE(s):** Cost at Meet - \$15.00 each:  M  L  XL  XXL  XXXL

**ENTRY FEE (S): Place**

- \_\_\_\_\_ \$40.00 – Bench Press Competition
- \_\_\_\_\_ \$60.00 – Team Entry Fee (see reverse side of this form) / Fee is only required with Team Roster
- \_\_\_\_\_ \$15.00 – Official Championship T-shirt [Small to Large] / Size Requested \_\_\_\_\_
- \_\_\_\_\_ \$20.00 – Official Championship T-shirt [X-Large to XXXL] / Size Requested \_\_\_\_\_
- \_\_\_\_\_ \$ 5.00 – Ticket cost for each spectator and coach, per day.
- \_\_\_\_\_ \$ Total Amount Submitted

**APPLICATIONS MUST BE POSTMARKED BY NO LATER THAN APRIL 01, 2006!**

*Important Note: If your application/entry is late, you must notify the meet director either via e-mail, or by telephone. Late fee of \$50.00 will be assessed if post-marked after April 1, 2006. No Refunds Granted!*

**CHECK OR MONEY ORDERS PAYABLE AND MAILED TO THE FOLLOWING:**

**Robert Keller - Contest Director  
USA Powerlifting – Florida**

Post Office Box 291571\*\* Davie, Florida 33329-1571

Telephone: 954.790.2249 \* Fax: 954.301.3344 \* E-mail: [rhk@verizon.net](mailto:rhk@verizon.net)

<http://www.ipfworlds.com/collegiate>



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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). As per collegiate rules, there are NO 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 five alternates. These alternates may be substituted at any time prior to the commencement of the championship. Team scoring will be calculated in accordance with USAPL/IPF rules. All Teams must be registered with USA powerlifting via a club membership application.

**ALL TEAM ROSTERS MUST BE RECEIVED BY 5:00 PM THE EVENING  
OF SATURDAY, April 15, 2006 FOR DECLARATION INTO THE CHAMPIONSHIP**