

**7th ANNUAL USAPL
FLORIDA COLLEGIATE STATE OPEN
BENCH PRESS & POWERLIFTING CHAMPIONSHIPS**
Official USA Powerlifting Sanctioned Championship
Saturday, December 11, 2010

Championship Venue/Location:

Bay Oaks Recreation Center of Lee County Florida
2731 Oak Road * Fort Myers Beach, Florida 33931
Telephone: 239.765.4222
www.leeparks.org

Eligibility Requirements:

Open to registered USAPL members that are full-time college/university students. Out of state college/university lifters are welcome. (Membership cards will be available for purchase at weigh-ins) There are no age restrictions to enter this championship.

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 10, 2010 [Contest Venue – Bay Oaks Recreation Center]

4:00 to 5:00 pm – Early equipment check available to all lifters
5:00 to 6:00 pm – Technical Rules Meeting for all lifters/coaches

Saturday – December 10, 2010[Contest Venue – Bay Oaks Recreation Center]

11:00 to 12:30 pm – Weigh-in & equipment check for all lifters classes
12:15 to 12:30 am – Rules briefing and/lifter warm-up
01:00 to 04:00 pm – Lifting for all classes
04:00 to 05:00 pm – Drug-testing protocol/Awards presentation

Divisions:

Men's Collegiate Bench Press Only
Men's Collegiate Powerlifting [Squat, Bench Press, Deadlift for Total]
Women's Collegiate Bench Press Only
Women Collegiate Powerlifting [Squat, Bench Press, and Deadlift for Total]

Awards:

Awards will be presented to all 1st – 5th place 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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2010 Collegiate National Championships

This is an [official qualifier] for the USAPL Collegiate National Championships that will take place on April 1 – 3, 2010 in Scranton, Pennsylvania.

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: www.usapowerlifting.com/committees/technical

Florida Webpage & Forum Message Board

Contest information, updates, nominations, etc. will be made available on the following Internet forum, which can be found at the following URL:
www.florida-powerlifting.com

Florida Collegiate Records

The Florida Collegiate Records can be found at the following URL:
www.florida-powerlifting.com

Travel/Hotel Arrangements

Call the Lee County Sports Organizing Committee toll free at 888.529.6588 to book your hotel rooms. By calling the toll free number, athletes and teams will be placed in the hotel of YOUR choice. This is a local housing service, familiar with venue locations, area restaurants and local activities. The rates are lower than can be found elsewhere because the Lee County Sports Organizing Committee works as partners with the hotel industry. Simply put, the Sports Organizing Committee wants to make the athletes stay the most positive experience possible.

Parking

There is no cost to park at the Bay Oaks Recreation Center.

Admission:

All spectators and coaches may enjoy the competition for an admission fee of \$5.00 for the Collegiate Championships. Contest programs and T-shirts will be available for an additional fee.

Florida Collegiate Championship Cup

The Florida Collegiate Championship Cup will be presented to the winning university team for this year's championship.

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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.

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:

- Collegiate Men's Powerlifting Collegiate Women's Powerlifting
 Collegiate Men's Bench Press Only Collegiate Women's Bench Press Only

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
_____ \$60.00 – Powerlifting Competition [Squat, Bench Press and Deadlift for Total]
_____ \$75.00 – Combined Single-lift Bench Press & Powerlifting
_____ \$30.00 – Team Entry Fee (see reverse side of this form)
_____ \$15.00 – Championship T-shirt [Small to Large]
_____ \$20.00 – Championships T-shirt [XL to XXXL]
_____ \$50.00 – Late Fee [Entries Post-Marked After Friday, November 26, 2010]
_____ Total Amount Enclosed

APPLICATIONS MUST BE POSTMARKED BY NO LATER THAN FRIDAY, NOVEMBER 26, 2010!

Important Note: If your application/entry is late, you must notify the meet director either via e-mail or by telephone at least one week before the championship. All late fees will apply and there are no refunds for any reason.

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.florida-powerlifting.com>

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FULL TEAM NAME: _____

HEADCOACH: _____ MANAGER: _____

PHONE: _____ USAPL Team Registration Number: _____ Expiration: _____

TEAM ENTRY FEE

Team entry fees are \$30.00 for each division (e.g., one men's and one women's team would be \$30.00 each totaling \$60.00). 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 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 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 [12:00 PM] THE AFTERNOON
OF SATURDAY, DECEMBER 11, 2010 FOR DECLARATION INTO THE CHAMPIONSHIP**