

**7<sup>th</sup> ANNUAL  
USAPL SOUTHEASTERN U.S.A. REGIONAL  
BENCH PRESS / DEADLIFT / PUSH-PULL / POWERLIFTING  
CHAMPIONSHIPS**

**Official USA Powerlifting Sanctioned Championship**

Saturday, September 25, 2010

**Location:**

Don Taft University Center Arena  
Nova Southeastern University  
3301 College Avenue - Fort Lauderdale, Florida 33314-7796  
[www.universitycenterarena.com](http://www.universitycenterarena.com)

**Eligibility Requirements:**

Open to registered USAPL members (Membership cards can be purchased at weigh-ins) Important to note, there are no one-day memberships and everyone must apply or be a member to lift in this championship and to set any 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:**

**Saturday, September 25, 2010 [Contest Venue – University Center Arena]**

08:00 am to 09:30 am – Weigh-in & equipment check for all lifters

09:30 am to 10:00 am – Rules briefing/lifter warm-up for all lifters

10:00 am to 04:00 pm – Lifting for all athletes

04:00 pm to 04:30 pm – Drug-testing protocol/Awards presentation

\* The competition will take place in the Don Taft University Center Arena. Please review the following website for location and directions to include parking. [www.universitycenterarena.com](http://www.universitycenterarena.com)

**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)**

**Master I (40-49)**

**Master II (50-59)**

**Master III (60-69)**

**Master IV (70+)**

**Police/Fire/Military**

**Special Olympian (14 and Up)**

**Raw/Unequipped**

**Awards:**

Awards will be presented to all 1<sup>st</sup> – 5<sup>th</sup> place finishers, for each weight class and division. A Champion of Champions award will be presented to the best overall male and female lifters the Bench Press, Deadlift, Push-pull and Powerlifting competitions. The overall best lifter is based on the Wilks formula. Awards will also be presented to the 1<sup>st</sup> – 5<sup>th</sup> place teams.

**7<sup>th</sup> ANNUAL  
USAPL SOUTHEASTERN U.S.A. REGIONAL  
BENCH PRESS / DEADLIFT / PUSH-PULL / POWERLIFTING  
CHAMPIONSHIPS**

**Official USA Powerlifting Sanctioned Championship**

Saturday, September 25, 2010

---

**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/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 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**

**Renaissance Hotel**

To make hotel reservations contact the Renaissance Hotel (less than 5 minutes from the contest site) at the following telephone number: **954.472.2252** and reserve your room for **\$99.00 per night**. Cut off date for making reservations is Friday, September 10, 2010. In order to receive the discounted, when making your reservations, indicate to the hotel staff member that you are with [USA Powerlifting]. Further info:  
<http://www.renaissanceplantation.com/>

**When making your reservations at the Renaissance Hotel, please refer to the following group name: USA Powerlifting**

**Airport Shuttle**

Limo-link Transportation – 954.568.6011  
<http://www.shuttle.ht411.com/>

**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 fee.

**Directions to Venue and Parking Locations**

For directions and locations for parking, please use the University Center Arena website at: [www.universitycenterarena.com](http://www.universitycenterarena.com)

**7<sup>th</sup> ANNUAL  
USAPL SOUTHEASTERN U.S.A. REGIONAL  
BENCH PRESS / DEADLIFT / PUSH-PULL / POWERLIFTING  
CHAMPIONSHIPS**

**Official USA Powerlifting Sanctioned Championship**

Saturday, September 25, 2010

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.

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

**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"/> 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"/> Youth (12-13)               | <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 /Varsity   | <input type="checkbox"/> Special /Paralympic Athlete | <input type="checkbox"/> Raw/Unequipped      |

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 Competition
- \_\_\_\_\_ \$50.00 – Deadlift Only Competition
- \_\_\_\_\_ \$60.00 – Combined Bench Press and Deadlift Competition [Push-Pull]
- \_\_\_\_\_ \$60.00 – Powerlifting Competition [Squat, Bench Press and Deadlift]
- \_\_\_\_\_ \$75.00 – Combined Bench Press Only & Powerlifting Competition
- \_\_\_\_\_ \$25.00 – Each additional division entered (see above)
- \_\_\_\_\_ \$50.00 – Team Entry Fee (please see reverse side of this form)
- \_\_\_\_\_ \$15.00 – Championship T-shirt [Small to Large]
- \_\_\_\_\_ \$20.00 – Championship T-shirt [XL to XXXL]
- \_\_\_\_\_ \$50.00 – Late Fee if competition entry form is post-marked after Friday, September 10, 2010.
- \_\_\_\_\_ Total Enclosed

**APPLICATIONS MUST BE POSTMARKED BY NO LATER THAN FRIDAY, SEPTEMBER 10, 2010**

***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 Friday, September 10, 2010.***

**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](mailto:rhk@verizon.net)

<http://www.florida-powerlifting.com>

**7<sup>th</sup> ANNUAL  
USAPL SOUTHEASTERN U.S.A. REGIONAL  
BENCH PRESS / DEADLIFT / PUSH-PULL / POWERLIFTING  
CHAMPIONSHIPS**

**Official USA Powerlifting Sanctioned Championship**

Saturday, September 25, 2010

FULL TEAM NAME: \_\_\_\_\_

HEADCOACH: \_\_\_\_\_ MANAGER: \_\_\_\_\_

PHONE: \_\_\_\_\_ USAPL Team Registration Number: \_\_\_\_\_ Expiration: \_\_\_\_\_

**TEAM ENTRY FEE**

**Team entry fees are \$50.00 for each division (e.g., one men's and one women's team would be \$50.00 each totaling \$100.00). 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 8:00 AM, THE MORNING  
OF SATURDAY, SEPTEMBER 25, 2010 FOR DECLARATION INTO THE CHAMPIONSHIP**