

**29th ANNUAL USAPL
FLORIDA STATE OPEN
BENCH PRESS / DEADLIFT/ PUSH-PULL / POWERLIFTING
CHAMPIONSHIPS
Orlando, Florida -- February 19 & 20, 2011**

Location of Championship:

Westin Hotel – Orlando North Grand Ballroom
2974 International Parkway - Orlando [Lake Mary], Florida 32746
Telephone: 407.531.3555 / 800.937.8461
www.westinlakemary.com

Eligibility Requirements:

Open to all powerlifters. All lifters competing in the championship must be a member of USA Powerlifting [Membership cards can be purchased at weigh-ins]. Please take note; this is a drug-tested competition.

Weight Classes [lbs]:

Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275 & SHW
Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, 198+

Championship Timetable of Events

Friday – February 18, 2011 [Westin Hotel – Grand Ballroom]

5:00 to 6:00 pm – Early equipment check available to all lifters

Saturday – February 19, 2011 [Westin Hotel – Grand Ballroom]

Session I

7:00 am to 8:30 am – Weigh-in & equipment check for all women’s weight classes

7:00 am to 8:30 am – Weigh-in & equipment check for men’s wt. classes 114, 123, 132, 148, 165 and 181

8:30 am to 9:00 am – Rules briefing/lifter warm-up for all athletes

9:00 am to 3:00 pm – Competition lifting for all athletes

3:00 pm to 4:00 pm – Awards presentation/Drug-testing Protocol

Sunday – February 20, 2011 [Westin Hotel – Grand Ballroom]

Session II

7:00 am to 8:30 am – Weigh-in & equipment check for men’s weight classes 198, 220, 242, 275 and SHW

8:30 am to 9:00 am – Rules briefing/lifter warm-up for all athletes

9:00 am to 3:00 pm – Competition lifting for all athletes

3:00 pm to 4:00 pm – Awards presentation/Drug-testing Protocol

Divisions:

Open (14 and Up)

Teen I (14-15)

Teen II (16-17)

Teen III (18-19)

High School (JV/Varsity)

Junior (20-23)

Collegiate (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

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Awards:

Awards will be presented to all 1st – 5th place finishers, for each weight class and division. Champion of Champions award will be presented to the best overall male and female lifters for the championship for the Bench Press, Deadlift, Push/Pull and Powerlifting competitions. The overall best lifters will be determined by the Wilks formula. Awards will be presented to the 1st – 5th place teams.

Technical Rules:

This competition is sanctioned by USA Powerlifting. The IPF/USAPL Technical Rules can be found here: www.usapowerlifting.com/committees/technical

Championship Updates/Information:

All contest information, updates, nominations, etc, will be posted on the following website: www.florida-powerlifting.com

Travel and Hotel Arrangements – Westin Hotel

To make hotel reservations contact the Westin Hotel at the following telephone number: 407.351.3555 and reserve your room for \$109.00 per night. Cut off date for making reservations is February 01, 2011. In order to receive the discounted, when making your reservations, indicate to the hotel staff member that you are with [USA Powerlifting]. More details on the hotel can be found at: www.westinlakemary.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

Directions to the Westin Hotel in Orlando – North [Lake Mary] can be found here: <http://www.westinlakemary.com/directions> There is no charge for parking at the hotel – Complimentary.

USA Powerlifting – Who We Are

USA Powerlifting (formerly American Drug Free Powerlifting Association, Inc.) is the leading powerlifting organization in the United States. USA Powerlifting is a member of the **International Powerlifting Federation (IPF)**, the governing body of powerlifting internationally.

The IPF is comprised of member federations of 100+ countries on six continents. USA Powerlifting, through its affiliation with the IPF, also sends a national team to participate in the World Games. The World Games is an international multi-sports event hosted by the **International World Games Association (IWGA)** that falls under the direct patronage of the **International Olympic Committee (IOC)**. The event consists of official sports and demonstration sports selected from those not included in the Olympic Games. The Games are held every fourth year, following the year of the Summer Olympics.

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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 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:

- | | | |
|--|--|--|
| <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 Olympian | <input type="checkbox"/> Raw/Unequipped |

Please specify the **weight class** that you will be lifting in: _____ **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
- _____ \$30.00 – 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 – Championship T-shirt [XL to XXXL]
- _____ \$50.00 – Late Fee if competition entry form is post-marked **after** Friday, February 04, 2011
- _____ **Total Enclosed**

APPLICATIONS MUST BE POSTMARKED BY NO LATER THAN FRIDAY, FEBRUARY 04, 2011

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 for any reason. The late fee will apply to everyone.

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: rkh@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 \$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, FEBRUARY 19, 2011 FOR DECLARATION INTO THE CHAMPIONSHIP**