

**8th ANNUAL
USA POWERLIFTING
SOUTHEASTERN USA REGIONAL CHAMPIONSHIPS**
Bench Press Only / Deadlift Only / Push-Pull / Powerlifting
Sunday, October 16, 2011

Championship Venue/Location:

Hansel Tookes Student Recreation Center
Florida Agricultural and Mechanical University [FAMU]
2101 Wahnish Way, Tallahassee, Florida 32310-5855
Telephone: 850.412.7281

Eligibility Requirements:

Open to all registered USA Powerlifting members Lifters from outside the state of Florida are welcome. (USA Powerlifting Membership cards will be available for purchase 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 – October 15, 2011 / Contest Venue – FAMU Tookes Student Recreation Center

5:00 to 6:00 pm – Early equipment check available to all lifters/NO 24hr weigh-ins.
5:00 to 6:00 pm – Technical Rules Meeting for all lifters/coaches

Sunday – October 16, 2011 / Contest Venue – FAMU Tookes Student Recreation Center

6:30 to 7:00 am – Registration and equipment check
7:00 to 8:30 am – Weigh-in for all lifters
8:30 to 9:00 am – Rules briefing and lifter warm-up
9:00 to 4:00 pm – Lifting for all classes
4:00 to 5:00 pm – Drug-testing protocol/Awards presentation

Divisions:

Open (14 and Up)	Master I (40-49),
Teen I (14-15)	Master II (50-59)
Teen II (16-17)	Master III (60-69)
Teen III (18-19)	Master IV (70+)
High School (JV/Varsity)	Police/Fire/Military
Junior (20-23)	Special Olympian (14 and Up)
Paralympian	Raw/Unequipped

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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USA Powerlifting

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.

Technical Rules:

This competition is USAPL sanctioned and all USAPL/IPF rules will be followed. If you are not familiar with USA Powerlifting technical rules of performance, they can be found at the following URL:

www.usapowerlifting.com/committees/technical

Florida Webpage & Forum Message Board

Contest information, updates, nomination/start list, etc. will be made available on the following URL: www.florida-powerlifting.com

Florida State Powerlifting Records

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

Travel/Hotel Arrangements

Group Rates for attendees will be available at the following hotels:

Aloft Hotel / \$99.00 per night + plus Tax / Telephone: 850.513.0313

www.alofttallahassee.com

Residence Inn / TBA per night + plus Tax / Telephone: 850.320.5070

www.marriott.com / Price TBA

Parking

There is NO CHARGE to park at the FAMU Hansel Tookes Recreation Center.

Admission:

Free admission for all college students with ID -- All spectators and coaches may enjoy the competition for an admission fee of \$5.00. Contest programs and T-shirts will be available for an additional fee.

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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:

- | | | |
|--|--|--|
| <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 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
- _____ \$50.00 – Deadlift Only
- _____ \$60.00 – Push/Pull Competition [Combined Bench Press and Deadlift for Total]
- _____ \$60.00 – Powerlifting Competition [Squat, Bench Press and Deadlift for Total]
- _____ \$75.00 – Combined Bench Press Only & Powerlifting
- _____ \$50.00 – 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 Saturday, October 01, 2011]
- _____ Total Amount Enclosed

APPLICATIONS MUST BE POSTMARKED BY NO LATER THAN SATURDAY, OCTOBER 01, 2011!

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 \$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 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 7:00 AM THE MORNING
OF SUNDAY, OCTOBER 16, 2011 FOR DECLARATION INTO THE CHAMPIONSHIP**