

2011 FLORIDA'S SUNSHINE STATE GAMES
WINTER SPORTS
FEATURING BADMINTON, POWERLIFTING AND ROAD RACE
General Information



FLORIDACHIROPRACTIC
association ● INC

Florida's Sunshine State Games Winter Sports hosted by Polk County

This year, the Sunshine State Games will be hosting Badminton, Powerlifting and Road Race in conjunction with the Florida Senior Games State Championships. These events will be held as follows:

Badminton – December 10-11, 2011

Powerlifting – December 10, 2011

Road Race – December 3, 2011

Badminton and Powerlifting will offer Senior Games competition, in addition to the Sunshine State Games. To enter the Senior Games for these sports, one must be 50 or over as of December 31, 2011. There is a separate registration form and entry fee. Information can be found on the Senior Games pages of this website. If registering online, the registration system is the same, you can just sign up for your sport under the Florida Senior Games State Championships. The Sunshine State Games is open to athletes of all ages and Senior Games athletes are welcome to participate as well in Badminton.

The Road Race will be one 5K race, open to athletes of all ages. Athletes 50 and over will be Senior Games competitors and athletes 49 and younger will be Sunshine State Games competitors. All registration for the 5K Road Race will be under the Florida Senior Games State Championships title. When registering online, just go to the Florida Senior Games and enter the 5K Road Race, despite your age.

Date & Times

The Sunshine State Games will be December 3-11, 2011. Check the sport specific pages for start times and scheduling information.

How To Enter

Save the paperwork and postage, and guarantee your entry is received on time – register online at **www.flasports.com!** Online registration has later registration deadlines that can be found in the sport specific pages. Athletes submitting a paper entry must complete and return the official entry form to the address below to be received by the registration deadline for your sport. All entries must include entry fees and signed waivers.

Entry confirmation can be obtained by logging on to **www.flasports.com**, or by calling toll free 866-FLGAMES. Please make all payments (check or money order) payable to the **Florida Sports Charitable Foundation (FSCF)**. There will be a \$35 fee for returned checks.

Florida Sports Charitable Foundation (FSCF)

Attn: 2011 Sunshine State Games

2930 Kerry Forest Parkway, Suite 101

Tallahassee, Florida 32309

Phone: (850) 488-8347

Or toll free at 866-FLGames (866-354-2637)

games@flasports.com
www.flasports.com

DO NOT FORGET TO COMPLETE ALL PARTICIPANT INFORMATION AND SIGN THE WAIVER. ENTRY FORMS WILL NOT BE PROCESSED WITHOUT THIS INFORMATION. NO REFUNDS WILL BE GIVEN.

Athlete Check-In/Games Headquarters/T-shirts

T-shirts and goodie bags will be available at each competition venue during designated check-in times for competition. T-shirts will be available at the first scheduled sport venue for athletes registered in multiple events. Participants will be required to complete a short survey in order to receive their t-shirt. To save time, the survey is available at **www.flasports.com** and can be completed in advance and brought to check-in. Games Headquarters will be located at The Lakeland Center. Headquarters telephone numbers will be published online at **www.flasports.com** or participants may call toll free 866-FLGAMES.

Insurance/Medical

Medical / Health Insurance is the responsibility of each participant. Every participant should be sure to have proof of insurance in the case of emergency.

Housing and Food

Participants are responsible for their own housing arrangements and meals while competing in the Florida Senior Games State Championships. A list of area hotels with special rates has been provided. It is recommended that you make all reservations before November 1, 2011. **Contact Global JBS for the best rates in town at (561) 290-1508 or online at www.globaljbs.com.**

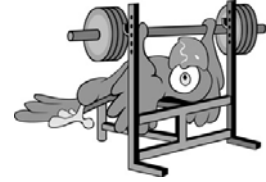
Inclement Weather

The Florida Sports Foundation is not responsible for changes to the event program, postponements or cancellations due to inclement weather or other circumstances beyond our control. In the event of inclement weather, every effort will be made to complete all games and events as scheduled. However, the Florida Sports Foundation reserves the right to change the schedule or format of the competition, postpone events or cancel events due to inclement weather. **No refunds** will be given as a result of these circumstances.

Conduct

Sportsmanship and fair play are the cornerstones of the Sunshine State Games, and are at the core of the Olympic ideal. The Florida Sports Foundation reserves the right to disqualify any Games participant for the improper use of alcohol or drugs, the destruction of property, unsportsmanlike conduct, or any other behavior that is detrimental to the Games.

SUNSHINE STATE GAMES POWERLIFTING



CATEGORIES / EVENT CODES

Bench Press - Youth (12-13)	063PBP12
Bench Press – H.S. JV State Championship	063PBP15
Bench Press – H.S. Varsity State Championship	063PBP17
Bench Press – Junior (20-23)	063PBP20
Bench Press – Collegiate	063PBP25
Bench Press – Open	063PBP30
Bench Press - Master I (40-49)	063PBP40
Bench Press – Police/Fire/Military	063PBP64
Bench Press – Raw/Unequipped Lifting *	064PBP74

Bench Press/Deadlift - Youth (12-13)	063BPD12
Bench Press/Deadlift – H.S. JV State Championship	063BPD15
Bench Press/Deadlift – H.S. Varsity State Championship	063BPD17
Bench Press/Deadlift – Junior (20-23)	063BPD20
Bench Press/Deadlift - Collegiate	063BPD25
Bench Press/Deadlift - Open	063BPD30
Bench Press/Deadlift - Master I (40-49)	063BPD40
Bench Press/Deadlift – Police/Fire/Military	063BPD64
Bench Press/Deadlift – Raw/Unequipped Lifting *	063BPD74

Powerlifting - Youth (12-13)	063PPP12
Powerlifting – H.S. JV State Championship	063PPP15
Powerlifting – H.S. Varsity State Championship	063PPP17
Powerlifting – Junior (20-23)	063PPP20
Powerlifting – Collegiate	063PPP25
Powerlifting - Open	063PPP30
Powerlifting - Master I (40-49)	063PPP40
Powerlifting – Master II (50-59)	063PPP50
Powerlifting – Master III (60-69)	063PPP60
Powerlifting – Master IV (70-79)	063PPP70
Powerlifting – Police/Fire/Military	063PPP64
Powerlifting – Raw/Unequipped *	063PPP74

DATE

Saturday, December 10, 2011

LOCATION

The Lakeland Center
701 West Lime Street
Lakeland, Florida 33815

SCHEDULE OF EVENTS

Sunday

6:30 a.m. – 7:00 a.m.	Registration and equipment check for all lifters
7:00 a.m. – 8:30 a.m.	Weigh-in
8:30 a.m. – 9:00 a.m.	Technical rules briefing and lifter warm-up
9:00 a.m. – 4:00 p.m.	Competition lifting for all weight classes/divisions
4:00 p.m. – 4:30 p.m.	Awards presentation
4:30 p.m. – 5:00 p.m.	Anti-doping protocol



Note: The Florida International Senior Games & State Championships (50+ Bench Press and Deadlift) will be held on Sunday, December 11, 2011. All athletes 50+ are eligible to register for the Senior Games State Championships. For Senior Games and Sunshine State Games registration information please visit: www.flasports.com.

ENTRY REQUIREMENTS

1. **Entry fee is \$30 for Bench Press contest, \$35 for the combined Bench Press and Deadlift contest, and \$40 for Powerlifting contest. There will be a charge of \$20.00 for each additional division.** Each entry includes an official Sunshine State Games t-shirt. T-shirts will be distributed at the competition during check-in. There are NO refunds or credits for any reason.
2. Each applicant must complete an Individual Entry Form and Waiver of Liability or register online at **www.flasports.com**.
3. A short survey will be required to be completed at check-in. This survey can be found online at **www.flasports.com**, and can be completed in advance and brought to check-in.
4. All entries must be **received by November 14, 2011** or you may register online at **www.flasports.com** **by November 18, 2011**.
5. A USA Powerlifting Membership is required to participate in this championship. The membership forms will be available at weigh-in/equipment check. One-day memberships will be available for \$15. If a lifter sets a Florida State and/or American record they will have to purchase the full year membership. High School seasonal memberships are \$15.
6. It is the responsibility of the applicant to confirm their registration by visiting **www.flasports.com** or calling toll-free 1-866-FL-GAMES (354-2637).
7. Athletes must provide their anticipated weight on their Individual Entry Form in the section labeled "Weight".
8. Proof of age will be required at weigh-in (birth certificate w/ picture I.D., Driver's License or State I.D.).
9. If qualified, athletes may compete in multiple categories/divisions.
10. This is a drug-tested championship -- 10% of the athletes will be tested by urinalysis.

FORMAT

1. Each division will be divided into weight classes as follows:
Men (lbs)
114, 123, 132, 148, 165, 181, 198, 220, 242, 275 & SHW
Women (lbs)
97, 105, 114, 123, 132, 148, 165, 181, 198, 198+
2. Each athlete shall be granted three (3) attempts in the bench press competition.
3. Powerlifting includes [Squat, Bench Press and Deadlift for Total]
4. Gold, Silver and Bronze medals will be awarded to the top three places in each weight class and division.
5. A special Champion of Champions award will be presented to the best overall male and female lifter in the Bench press, Combined Bench Press/Deadlift for Total and Powerlifting competitions. The overall best lifters will be calculated by the IPF Wilks formula.
6. Trophies will be presented to the top three overall teams.
7. All athletes are eligible for both USA Powerlifting - Florida State Records and USA Powerlifting American Records.

****Raw/Unequipped Lifting is defined as: Non-supportive singlet, wrist-wraps, belt, and Neoprene knee sleeves only. Knee Wraps are not allowed to be used for Raw/Unequipped lifting.***

SPORT RULES

This competition will be sanctioned by USA Powerlifting (USAPL), and will be held in accordance to all USA Powerlifting technical rules and regulations. Important to note, USA Powerlifting is the official governing body for the sport of powerlifting in the United States. These rules can be found online at: <http://www.usapowerlifting.com/committees/technical>

FSF STAFF CONTACT

TBD – 866-354-2637 or games@flasports.com

STATE DIRECTOR

Robert Keller (954) 790-2249 or rhk@verizon.net

Florida Powerlifting Website: www.florida-powerlifting.com

USA Powerlifting Website: www.usapowerlifting.com

VENUE DIRECTIONS

From I-4: Take Exit 32/US 98/Florida Avenue South. Continue straight on Florida Avenue South for approximately 3 miles. Turn Right (West) on Lime Street. The Lakeland Center will be on the Right. For parking, continue on Lime Street, past The Lakeland Center. Enter through Gate 6, continue straight at the gated booth and turn Right at Row 4. Parking is straight ahead.

Individual Agreement, Release and Waiver of Liability

In consideration of being permitted to participate in or assisting others in participating in the Florida International Senior Games & State Championships or Florida's Sunshine State Games "Games", and related events and activities, on behalf of myself, or a minor child or ward, heir, next of kin, personal representative, successor or assign;

(1) I ACKNOWLEDGE, UNDERSTAND, DECLARE AND AGREE THAT:

- (a) To the best of my knowledge, I am in Good Physical Condition and have no disease or injury that would be aggravated by participating in activities related to the Games;
- (b) Participating or assisting others in participating in the Games may involve RISK OF INJURY TO ME, INCLUDING DEATH, LOSS OR DAMAGE TO ME OR MY PROPERTY, or other consequences, which might result not only from my own actions, inaction or negligence but also the actions, inaction or negligence of others, the rules of play, or the conditions of the premises or of any equipment used;
- (c) There may be OTHER RISKS not known or not reasonably foreseeable; and Understanding All of the Above,

(2) I ASSUME ALL OF THE ABOVE RISKS AND RELEASE, WAIVE, DISCHARGE, HOLD HARMLESS, INDEMNIFY AND COVENANT NOT TO SUE:

- (a) the State of Florida or any of its agencies, Enterprise Florida, Inc. the Florida Sports Foundation, Inc. and the Florida Sports Charitable Foundation, their commissioners, employees or volunteers, coaches, trainers, officials affiliated with the international organizations, agencies, sponsors, or advertisers, the respective administrators, officers, directors, agents, representatives, employees, volunteers, coaches, trainers, officials or any other individuals affiliated with the Games;
- (b) any affiliated subsidiary, successor, organization, or related companies or businesses, other participants, participating or sponsoring municipalities, governmental agencies, international organizations, agencies, sponsors, or advertisers, the respective administrators, officers, directors, agents, representatives, employees or volunteers of such entities or organizations;
- (c) the National Senior Games Association (NSGA), the National Congress of State Games (NCSG) and/or their respective representatives, officers, directors, employees, agents, successors and assigns;
- (d) owners, lessors and lessees of premises used to conduct the Games FROM ANY AND ALL LIABILITY FOR INJURY, INCLUDING DEATH, LOSS OR DAMAGE TO PERSON OR PROPERTY, OR ANY OTHER CONSEQUENCE in connection with entry in or arising out of participation in, performance in or lack of performance in, including travel en route to and from the Games.

(3) I FURTHER AGREE THAT:

- (a) Prior to participating as an athlete, I, or in the case of a minor, a parent or guardian, will INSPECT the facilities and equipment to be used, and if I believe same to be unsafe, I will immediately REPORT such condition(s) to the athletic coach, supervisor, or official connected with the Games of same and either DECLINE TO PARTICIPATE or ASSUME THE RISK of participating;
- (b) I will ALLOW my PHOTOGRAPH, PICTURE or LIKENESS and/or VOICE to APPEAR in any official documentary, promotional (including any and all advertisements), television, radio or film coverage of the Games, WITHOUT COMPENSATION.
- (c) I have read and agree to the Florida Sports Foundation no refund policy.

(4) I CONSENT TO ALL EMERGENCY MEDICAL TREATMENT as may be deemed appropriate under existing circumstances by medical personnel or personnel associated with the Games.

I HAVE READ THIS FORM IN ITS ENTIRETY AND HAVE PROVIDED TRUTHFUL INFORMATION.

Participant Name (print)

Participant Signature

Date

Guardian signature required below if participant is under 18 years of age.

Guardian Name (print)

Participant Signature

Date

All participants must complete the Agreement, Release and Waiver of Liability in order to compete.

**FLORIDA SENIOR GAMES STATE CHAMPIONSHIPS
MANDATORY ACCOMMODATION SURVEY INFORMATION**

This brief survey will need to be submitted at time of check-in in order to receive your athlete t-shirt. Surveys will be available on-site, but for your convenience, this form has been provided in advance. RqmCounty residents are not required to complete this survey.

Participant's Name _____

Cell or Day Phone (____) _____ Hometown _____

Sports participating in _____

If you are staying in a Hotel or RV Park complete this section. If not, complete the next section.

Hotel or RV Park Name _____	
Hotel Phone or Location _____	
Check in _____ / _____ / _____ (month) (day) (year)	Departure _____ / _____ / _____ (month) (day) (year)

If you are not staying in a Hotel or RV Park complete this section.

Are you staying with a friend?	Yes	No
If yes, how many nights?	_____	
Are you driving in for the day?	Yes	No

Thank you for your cooperation!
If you have not made hotel reservations yet please call
*LDUI rjdcncv*783+4; 2/372: 'qt 'y y 0 rjdcridu&go*
They are the official housing bureau & will help you find the best value & closest to your venues!