



# USA POWERLIFTING

## 2017 USA Powerlifting Raw National Championships - Update #1

Dear Ladies and Gentlemen,

Congratulations on qualifying for the 10<sup>th</sup> USA Powerlifting Raw National Championships that will take place on October 10-15, 2017 at the Hyatt Regency Hotel - Orlando International Airport.

In this message, I want to address several very important issues regarding the competition. These items are being addressed to ensure each athlete has a positive and rewarding experience at the championship. So, I'm going to kindly request that you carefully review the following updates:

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### 1. 1. Changes / Amendments to Start List

The time limit to accept changes to the start list is now closed. You may change your weight class at the competition. The finalized start list can be found here:

[https://docs.google.com/spreadsheets/d/1ef4hx-2S7jizZ2nah4OemuF5\\_qKhFH5nTI4IRtXKQfA/edit#gid=0](https://docs.google.com/spreadsheets/d/1ef4hx-2S7jizZ2nah4OemuF5_qKhFH5nTI4IRtXKQfA/edit#gid=0)

### 1. 2. Finalized Calendar of Event

The timetable of events was updated on Thursday, September 21. Please review the enclosed link below. Important, some of the session start times have changed.

<http://www.florida-powerlifting.com/USAPL-RAW-National-Championships-2017.html>

### 1. 3. Team Registration

We will accept Team Registration Forms up to Tuesday, September 26, 2017 at 5:00pm. After 5:00pm, Mike Zawilinski, the scoring manager, will post the list of teams on a separate tab on the athlete start list.

[https://docs.google.com/spreadsheets/d/1ef4hx-2S7jizZ2nah4OemuF5\\_qKhFH5nTI4IRtXKQfA/edit#gid=0](https://docs.google.com/spreadsheets/d/1ef4hx-2S7jizZ2nah4OemuF5_qKhFH5nTI4IRtXKQfA/edit#gid=0)

The Team Registration Form can be found here:  
<https://form.jotform.us/72197941952164>

#### **1. 4. Spectators & Coaches/Handlers**

The spectator fee is \$10.00 per person, for each day of lifting. Each spectator will be receive a wristband for the entire day.

Admission for coaches is \$10.00 per day in order to have access to the warm-up room. The warm-up room will be strictly monitored by an event security team. Coaches will not be allowed access unless you have the assigned wrist band for the session that you're coaching. If a coach is in the warm-up area, without the correct wristband, they will be requested to leave by the security team. The coaches wrist band will allow you access to the competition spectator area for one day only. Additionally, each lifter is allowed only two (2) paid coaches in the warm-up room at one time.

Each registered team receives one complimentary pass for only one coach for the entire week. Coaches wristbands will be distributed before the start of each session.

Key and important, the policy of USA Powerlifting is that each coach must be a registered member. Also, each coach must complete the USA Powerlifting Liability Form before having access to the warm-up area. Important, your coach should purchase their USA Powerlifting Membership in advance, so there are no delays in allowing him/her access to the warm-up area. Memberships can be purchased on-line here: [www.usapowerlifting.com/membership-application/](http://www.usapowerlifting.com/membership-application/)

Athletes, please notify both your guests and coaches of the enclosed requirements well in advance of the competition so they may prepare.

#### **1. 5. Scales**

At the Hyatt Regency Hotel, there will be (3) scales accessible for 24 hrs., starting on Saturday afternoon, October 7, 2017.

A scale will be provided in the secondary hotel - the Hyatt Place. The scale will be placed in the fitness room, which requires room key access. The scale will be made available on Sunday, October 8, 2017.

#### **1. 6. Secondary Hotel - Hyatt Place**

A shuttle from the Hyatt Place Hotel to the Hyatt Regency Hotel will be provided for no cost. Be sure to sign up early and in advance at the front desk when you arrive. The Hyatt Place Hotel offers free service within a 3-mile radius from 4:00 a.m. - 2:00 a.m. daily. The shuttle runs every hour.

## 1. 7. Getting Around the Hyatt Regency Hotel and the Airport

Please find enclosed a link to all of the shops and places to dine in and around the Airport and the Hyatt Regency Hotel. The Hyatt Regency Hotel offers two restaurants.

<https://www.orlandoairports.net/getting-around-mco/shops-restaurants/>

## 1. 8. Raw Committee Meeting

On **Wednesday evening, October 11, 2017** in the championship venue, Dr. Joe Warpeha, will direct the Raw Committee Meeting. The meeting will be held after the final session of lifting is complete and the medals are awarded. Please plan to attend this meeting.

In the next update, I will discuss the Prime Time Session, the LiveStream, Weigh-in/Equipment Check, drug-testing and Flight Assignments.

To close, both the Executive of USA Powerlifting and the organizing committee for this event would like to take this opportunity to wish each athlete the very best of success at the competition. Of course, if you have any questions, please contact me directly by email at: [rhk@verizon.net](mailto:rhk@verizon.net)

Thank you very much,  
Robert Keller  
Competition Director  
2017 USA Powerlifting Raw National Championships

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