



**March 31st – April 1st, 2012
Clarks Summit, Pennsylvania**

We are proud to host the 2012 USA Powerlifting Pennsylvania State Championships in Clarks Summit, Pennsylvania.

This event will be a competition for all USAPL members. It is open to lifters in and outside the state of Pennsylvania and there will be no qualifying total required. Memberships will be sold at the event.

We are planning to run this event on a stage at this new location, which seats over 400 spectators. We look forward to making this event even more spectators friendly; the general admission to watch this event will also be free for everyone.

**Good luck with your training!
Steve Mann – Event Planner**

Location: Clarks Summit Elementary School, 401 West Grove Street, Clarks Summit, PA – Event held on the stage in the auditorium

Weight Classes (Open Weight Classes):

Men's Classes: 123, 132, 148, 165, 181, 198, 220, 242, 275, 275+

Women's Classes: 105, 114, 123, 132, 148, 165, 181, 198, 198+

Requirements/Eligibility Requirements: Must be a registered USAPL Member (memberships sold at weigh-ins. No qualifying totals required.)

Trophies: All divisions will be awarded trophies for the top 3 lifters, by weight class.

Raw Definition = *Singlet, belt, commercial knee sleeves (example. rehbands) and wrist wraps.*

Schedule:

Saturday March 31st, 2012 – All Female and Male up to 181

Saturday Session 1: All Female & Male up to 148

7:00 – 8:30 AM – Session 1 Weigh-In / Equipment Check

8:30 – 8:40 AM – Session 1 Rules Clinic

9:00 AM – 12:00 PM - Session 1 Lifting

Saturday Session 2: Male 165 - 181

11:00 - 12:30 – Session 2 Weigh-In / Equipment Check

12:30 - 12:40 – Session 2 Rules Clinic

1:00 PM – 5:00 PM – Session 2 Lifting

Sunday April 1st, 2012 – Male 198 – Super Heavyweight

Sunday Session 1: Male 198 – 220

7:00 – 8:30 AM – Session 1 Weigh-In / Equipment Check

8:30 – 8:40 AM – Session 1 Rules Clinic

9:00 AM – 12:00 PM - Session 1 Lifting

Sunday Session 2: Male 242 – SHW

11:00 - 12:30 – Session 2 Weigh-In / Equipment Check

12:30 - 12:40 – Session 2 Rules Clinic

1:00 PM – 5:00 PM - Session 2 Lifting

Eligibility: Lifters must be registered with the USAPL and must be drug free by the definition of the USAPL. At least 10% of the lifters will be drug tested. USAPL cards will be available at the meet. Non Pennsylvania residents can compete in Out of State Divisions.

Team rosters must be filed with the meet director by the deadline with the final list presented by the start of weigh-ins on Saturday March 31st. Teams and individuals must be registered with the USAPL.

More Information @ www.purepowerlifting.com

Recommended Hotels:

Hampton Hotel, 890 Northern Blvd Clarks Summit, PA 18411 – 570-586-1515 - \$109 - Mention [Pure Powerlifting](http://www.purepowerlifting.com)

Ramada Hotel, 820 Northern Blvd, Clarks Summit, PA 18411 570.586.2730 - \$82.99 - Mention USA Powerlifting

Name: _____ Age: _____

Date of Birth ____/____/____

Address:

Street _____

City _____

State _____ ZIP _____

Phone (____) _____

E-mail _____

Male _____		Female _____	
Divisions – PA Resident _____		Non-PA Resident _____	
Open	_____	Raw Open	_____
Youth 10-13	_____	Raw Youth	_____
Teen 14-15	_____	Raw Teen	_____
Teen 16-17	_____	Raw Junior	_____
Teen 18-19	_____	Raw Masters 40+	_____
Junior 20-23	_____	Raw Masters 50+	_____
Master 40+	_____	Raw Masters 60+	_____
Masters 50+	_____	Raw Mil	_____
Masters 60+	_____	Raw P/F	_____
Military	_____	Police / Fire	_____

T-Shirt Size (\$ per shirt)		Weight Class (Check One)			
Small (\$12)	_____	97*	_____	181	_____
Medium (\$12)	_____	105	_____	198	_____
Large (\$12)	_____	114**	_____	198+	_____
XL (\$12)	_____	123	_____	220	_____
2XL (\$14)	_____	132	_____	242	_____
3XL (\$18)	_____	148	_____	275	_____
4XL (\$20)	_____	165	_____	275+	_____

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*97 lb. weight class only for sub-junior/HS female divisions.

**114 lb. weight class limited to sub-junior/HS male divisions, no limitations female classes.

******* Make Checks Payable to "PurePowerlifting" *******
Postmark Entry Deadline Feb. 27th, 2012
No REFUNDS

Mail Entries To:
Steven Mann
PO Box 495
Chinchilla, PA 18410

Entry Fee: \$65 per division for
Powerlifting, \$65 per team, \$35 per
additional division
LATE FEE \$50!

Release from Liability 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, including but not exclusively USA Powerlifting, Steven T. Mann, Pure Powerlifting.com, the spotters, the loaders, the facility owners, the referees and equipment manufacturers, 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 director 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, whom 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 Contestant

**Signature of Parent or Legal
Guardian if the contestant is
under 18 years of age**

Enclosed Amount: _____ (Entry + T-Shirt + Add'l Division)
(Make Payable to "Steve Mann" or "PurePowerlifting")

Door Entry will be FREE to the public!!
Three lift event only!