

# 2013 USAPL “Outdoor” Sizzling Summer Bench And Deadlift Championships



**August 10<sup>th</sup>, 2013**



**Location:** Chinchilla Fire Hall, 113 Shady Lane Road, South Abington, PA 18411

**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+

**Sub-Junior / Teenage Weight Classes:**

Men's Classes: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 275+

Women's Classes: 97, 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. Bench and Deadlift will have separate awards.

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

**Schedule:**

**Saturday Aug. 10th, 2013** –

9:00 - 10:30 – Weigh-In / Equipment Check

10:30 - 10:40 – Rules Clinic

11:00 PM – 5:00 PM - 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.

**Can I just Bench?** Yes, in the Bench Only Division

**Can I just Deadlift?** Yes, in the Deadlift Only Division

**Can I lift Raw?** Yes, we offer both geared and raw lifting at our events, approximately 65% of USAPL PA lifters, lift raw.

**More Info at** <http://www.purepowerlifting.com>

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

**Address:**

Street \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_

E-mail \_\_\_\_\_

Male \_\_\_\_\_ or Female \_\_\_\_\_

**Raw** \_\_\_\_\_ or **Equipped** \_\_\_\_\_

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

**Event(s):**

**Bench Press Only** \_\_\_\_\_ (\$40)

**Deadlift Only** \_\_\_\_\_ (\$40)

**BP & DL (Single Lift)** \_\_\_\_\_ (\$65)

**Ironman (combined BP/DL) & BP & DL (Single Lift)** \_\_\_\_\_ (\$90)

**Division: (Select One, \$25 Per Additional Division)**

Open	_____	Youth 10-11	_____
Sub-Jr. 14-15	_____	Youth 12-13	_____
Sub-Jr. 16-17	_____	Masters 40+	_____
Sub-Jr. 18-19	_____	Masters 50+	_____
Junior 20-23	_____	Masters 60+	_____
Special Olympian	_____	Pol/Fire/Mil	_____
HS	_____	Collegiate	_____

T-Shirt Size		Weight Class (Check One)			
Small (\$12)	_____	97*	_____	181	_____
Medium (\$12)	_____	105	_____	198	_____
Large (\$12)	_____	114**	_____	198+	_____
XL (\$12)	_____	123	_____	220	_____
2XL (\$15)	_____	132	_____	242	_____
3XL (\$20)	_____	148	_____	275	_____
		165	_____	275+	_____

\*\*\*\* **Make Checks Payable to "Steve Mann" \*\*\*\***

**Postmark Entry Deadline July 10<sup>th</sup>, 2013**

**Mail Entries To:**

PurePowerlifting  
PO Box 495  
Chinchilla, PA 18410

**Entry Fee:** \$40 per event/  
division, \$25 per additional  
division

**LATE FEE +\$25!**

**No Refunds**

**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.

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**Signature of Contestant**

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

**Enclosed Amount:** \_\_\_\_\_  
(Monies to "Steve Mann" )

**\*\*\*\*Sorry No Refunds\*\*\*\***

**No Applications Accepted After July 28th**