

2014 USAPL Pennsylvania State Bench Press and Deadlift Championships USAPL Sanction #PA-2014-01



Saturday May 17th, 2014

East Swamp Church, 2405 E. Swamp Rd., Quakertown, Pennsylvania 18591



Sanctioned by USA Powerlifting (www.adfpa.com)
Sponsored by Nutritional Technologies (www.nutritek.net)

Schedule: All events take place at East Swamp Church
Friday night May 16th 6:00 PM to 7:30 PM - **Early equipment check for any lifters, if interested.**
Saturday May 17th 7:00 AM to 8:30 AM - **Weigh-in / equipment check for both contests.**
RULES CLINIC - after weigh-in, from 0830 till ~0840.
Benching will start ~ 0915. Deadlift starts about 1:00 but depends on bench turnout!
Entry fee: \$40.00 for EACH contest entered. (You do not have to enter the Open.)
\$10.00 for each additional division within each contest. Fees are not refundable.

Make check payable to: Twin City Powerlifting Team
c/o Ron Lobb
2120 Birch St.
Easton PA 18042

For info: Ron Lobb (484) 542-0432 ronalldobb@gmail.com

USAPL Single Lift Bench Press and Deadlift PA State and American Records can be set.

Proof of age required for age records.

ALL Current USAPL Records are at www.purepowerlifting.com and www.adfpa.com

Deadline: Entries must be postmarked no later than May 9, 2014

Eligibility: Must be a current USAPL member.

Cards will be available for sale at the meet.

Check www.wada-ama.org for banned substances list. 10% of lifters will be drug tested!

Awards: Medals for Top 3 in each division. "Best Lifter" awards as appropriate depending on turnout per division. Team Awards as appropriate – Tentative Roster must be submitted by deadline /Team entry fee \$25 and must be a USAPL registered team.

Men: 114.5, 123.5, 132.25, 148.75, 165.25, 181.75, 198.25, 220.25, 242.5, 275.5, 275.5+

Women: 97, 105, 114.5, 123.5, 132.25, 148.75, 165.25, 181.75, 198.25 and 198⁺

Youth: Teen 1 -14&15, Teen 2 - 16&17, Teen 3 - 18&19

Junior: 20 - 23

Submaster 35 - 39

Master: 40 - 44, 45 - 49, 50 - 54, 55 - 59, 60 - 64, 65 - 69, 70-74...

Special Olympians with the same weight classes.

Attire: Raw: Non-supportive one-piece (singlet) lifting suit, 24" wrist wraps, knee sleeves and 4" wide powerlifting belt allowed. (No Velcro)

Equipped: USAPL Single Ply

Format: Flight system will be used. Weights will be in kilos. Single platform contest planned

Hotel Accommodations

For a discounted room rate, please contact the Holiday Inn Express Hotel and Suites located on Route 663, Quakertown, PA. It is conveniently located near the Quakertown exit, PA Turnpike. When calling to make a reservation, mention the group “USAPL power lifting”.

Holiday Inn Express Hotel and Suites
1918 John Fries Highway (Route 663)
Quakertown, PA 18951
(215) 529-7979



Food

Breakfast & Lunch
will be available for purchase at the event

See what the ladies have got cookin'!

2014 USAPL Pennsylvania State Bench Press and Deadlift Championships

Official Entry Form (Please print legibly!)

USAPL Sanction #PA-2014-01

Saturday May 17th 2014

Name _____ Age _____ Birthdate _____

Address _____ City _____ State _____ Zip _____

Phone () _____ Email: _____ Male Female

USAPL# _____ Exp date: _____

Please enter me in the Bench Press Deadlift: Weight Class: _____
Are you lifting Raw or Equipped

Circle the Division(s) you will be lifting in: (\$10 fee for each additional division)

Open (all ages 14 and up)	Junior (20-23)	Masters I (40-44)
Teen I (14-15)	Police/Fire/Military	Masters II (45-49)
Teen II (16-17)	Special Olympian / Disabled	Masters III (50-54)
Teen III (18-19)		Masters IV (55-59)
		Masters V (60-64)
		Masters VI (64-69)

\$40.00 for each contest plus \$10.00 for each division within each contest.

Meet tee shirts for sale: S- XL \$15.00 XXL \$17.00 XXXL \$19.00 Pre-order and pay, size? ____

I enclose a total dollar amount of \$_____ Payable to "Twin City Barbell Club"

*USAPL cards available at the meet.

Athlete's Release from Liability and Consent to Drug Test Form:

In consideration of the acceptance of my entry in this power lifting competition, I intend to be legally bound, do hereby, for myself and my heirs, executors and administrators waive, release and accept the risk for and forever discharge any and all rights and claims for damages which I may have, or which may hereafter accrue against the USAPL, the East Swamp Church, the local hosts, facility owners and other support organizations, their respective officers, agents, representatives, members, employees, volunteers and successors involved.

Moreover, I agree that any testing method which the meet director(s) and the sponsors of this meet use to detect the presence of strength-inducing drugs and controlled/banned substances shall be conclusive. That 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 test. I further agree to submit to any physical test which may be necessary to complete drug testing. Should I fail the drug test, I agree to waive any claim which might arise under state or federal law for defamation, slander, libel or any other claim for which legal relief is available. If it is determined that I have failed the drug test, I agree to forfeit any trophy or award which I might have otherwise won.

Except during drug testing, I hereby authorize the USAPL and/or its designated representatives to allow the reproduction, dissemination and/or publication of my name and likeness for media coverage, public relations or any other purpose which involves the use of photographs, films, video or audio tape recording.

I have carefully read all of the above and I fully understand and agree with all of its contents. In acknowledgement thereof, I affix my signature hereunder.

Athlete's Signature _____ Date _____

Parent or Guardian's signature (if under 18) _____ Date _____

USAPL BANNED SUBSTANCES LIST

The intent of this list is to inform athletes of substances that are not allowed by the USAPL. Please note that this list is NOT all inclusive and that it is ultimately the athlete's responsibility to know what he or she is taking. The athlete is also responsible for his or her testosterone:epi-testosterone (T: E) ratio. DO NOT use any substance before checking with your physician or the USOC Drug Reference Line at 1 800 233-0393. When in doubt, ask.

The following is a list of classes of banned drug with examples of substances under each class:

Anabolic agents / anabolic steroids:

Androstenediol androstenedione boldenone clostebol dehydrochloromethyltestosterone dehydroepiandrosterone (DHEA) dihydrotestosterone (DHT) dromostanolone epitrenbolone fluoxymesterone gestrinone mesterolone methyltestosterone nandrolone norandrostenediol norandrostenedione norethandrolone oxandrolone oxymetholone stanozolol testosterone tetrahydrogestrinone (THG) trenbolone methanedione methenolone clenbuterol and related compounds.

Diuretics: acetazolamide benzhiazide chlorothiazide furosemide and related compounds

Peptide hormones and analogues:

Corticotrophin (ACTH) human chorionic gonadotrophin (HCG) luteinizing hormone (LH) growth hormone (HGH, somatotrophin) insulin-like growth factor (IGF-1)

Stimulants:

Amiphenazole amphetamine bemigrade benzphetamine bromantan chlorphentermine cocaine diethylpropion dimethylamphetamine ephedrine (ma huang) ethylamphetamine fencamfamine meclofenoxalate methamphetamine methylenedioxymethamphetamine (MDMA, ecstasy) methylphenidate nikethamide pemoline pentetrazol phendimetrazine phenmetrazine phentermine phenylpropanolamine (ppa) picrotoxine pipradol prolintane strychnine synephrine (citrus aurantium, bitter orange, zhi shi) and related compounds.

Manipulation of urine sample:

The use of substances and methods that alter the integrity and/or validity of urine samples provided during USAPL drug testing is banned. Examples include catheterization, urine substitution and/or tampering or modification of renal excretion by the use of diuretics, probenecid, bromantan or related compounds and epitestosterone administration.

I hereby give my word of honor as an athlete that I have not used any banned substances as listed above as part of my training during the past 60 months (5 years), nor have I used any prescription diuretics or any psychomotor stimulants during the seven days before the contest.

I have carefully read all of the above and I fully understand and agree with all of its contents. In acknowledgement hereof, I affix my signature.

Signature of athlete

Date