



Presents

Maximum Metal IV Outdoor
Push/Pull Edition

Saturday August 11, 2007

1128 Meade St.

Dunmore, PA. 18512

570-341-7665

Or

570-840-4462



Sanctioned Event

Maximum Metal IV Outdoor Push/Pull Edition

Saturday August 11, 2007

Location: Motivations Fitness Center 1128 Meade St. Dunmore, PA. 18512 570-341-7665 or Jason Richardson @ 570-840-4462

Weight Classes:

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

Women's: 97, 105, 114, 123, 132, 148, 165, 198, 198+

Eligibility/Requirements: Must be a registered USAPL Member (**Memberships will be available at weigh-ins**)

No Qualifying totals required. Lifters MUST wear a one piece singlet. NO Denim or Canvas.

SINGLE-PLY Bench Shirts only.

Divisions:

Open

Masters 1 (40-44), Masters 2 (45-49), Masters 3 (50-54), Masters 4 (55-59), Masters 5 (60-64),

Masters 6 (65-69), Masters 7 (70-74)

Juniors (20-23)

Collegiate

HS J.V. & HS Varsity

RAW (**wrist wraps & belt only**)

Police, Fire & Military

Out of State

Awards: Top 3 places in each division for each weight class.

Team Award

Best Male & Best Female Lifter

Entry Fees: \$30.00 per event. **Fees are Non-Refundable**

\$20.00 for each additional category with each event.

Team fee is \$60.00 and MUST be registered as a team with the USAPL.

Checks should be made out to Motivations Fitness Center

And mailed to 1128 Meade St. Dunmore, PA. 18512

Application Deadline is July 31, 2007

Schedule: Early weigh-in & equipment check will be Friday August 10 from 5:00pm-7:00pm

Saturday 7:00am-9:00am weigh-in & equipment check

9:00am-9:15 Rules Clinic

10:00 Lifting Begins with the Bench Press

Applications and additional info can be found at www.purepowerlifting.com

Name: _____

Address: _____ **City:** _____ **State:** _____

Phone: _____ **Age & Birthdate:** _____ **USAPL Card # & Exp:** _____

Weight: _____ **Division(s):** _____ **Male:** _____ **Female:** _____

Bench Press Only: _____ **Deadlift Only:** _____ **Both:** _____

Release from Liability

IMPORTANT: Read carefully. When you sign you will be giving up very important legal rights.

In consideration of acceptance of my entry in the Maximum Metal IV Outdoor Push/Pull Edition, I intend to be legally bound for not only myself, but also my heirs, my executors and my administrators. In signing this Release from Liability, I waive and release all everyone connected to the Maximum Metal IV Outdoor Push/Pull Edition, including but not limited to Motivations Fitness Center, Jason Richardson and Allan Miller, event staff, any sponsors, and all affiliates from any and all liability, including any result of negligence which may arise from this contest. Moreover, I agree that any testing method which the meet directors and the sponsors of this event use to detect the presence of strength-inducing drugs **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 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 test, my name will appear on a published list of suspended members. If I fail 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 incurred 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 the 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 valid, the remainder of this Release from Liability shall remain in force and effect. I also certify with my signature that this Release from Liability cannot be modified, orally.

Signature in full of Applicant

Signature in full of legal guardian. (If applicant is under 18)

CERTIFICATION

I hereby give my word of honor as an athlete, that I have not used any strength-inducing drugs (i.e. any anabolic steroid, natural hormone or synthetic hormone) as part of my training during the past thirty-six (36) months, nor have I used prescription diuretics or psychomotor stimulants during the seven (7) days prior to the Maximum Metal IV Outdoor Push/Pull Edition contest.

Signature in full of applicant

Signature in full of legal guardian. (If applicant is under 18)

Applications and Additional info can be found at www.purepowerlifting.com

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Team Entry Form

Must be a USAPL Registered Team

Team Roster must be filed with meet directors by the deadline, with the final list presented by the start of weigh-ins on Saturday

Team Name: _____

Head Coach: _____ Assistant Coach: _____

Phone: _____ USAPL Team Number _____ Expiration _____

Team Entry Fee

Team Entry fees are \$60.00 for each Division. For example, one men's team and one women's team is \$60.00 each, totaling \$120.00.

ROSTER

| # | Lifter's Name | Weight Class | USAPL # |
|-----------|---------------|--------------|---------|
| <u>1</u> | _____ | _____ | _____ |
| <u>2</u> | _____ | _____ | _____ |
| <u>3</u> | _____ | _____ | _____ |
| <u>4</u> | _____ | _____ | _____ |
| <u>5</u> | _____ | _____ | _____ |
| <u>6</u> | _____ | _____ | _____ |
| <u>7</u> | _____ | _____ | _____ |
| <u>8</u> | _____ | _____ | _____ |
| <u>9</u> | _____ | _____ | _____ |
| <u>10</u> | _____ | _____ | _____ |
| <u>11</u> | _____ | _____ | _____ |

ALTERNATES

| | |
|----------|-------|
| <u>1</u> | _____ |
| <u>2</u> | _____ |

TEAM SCORING

Each team is allowed 11 lifters spread throughout the 11 weight classes for men, and 10 lifters throughout the weight classes for women. Each team is allowed 2 alternates. These alternates can be substituted before the weigh-ins for a weight class. Team Scoring will be calculated using the USAPL guidelines.