

2011 USAPL Pennsylvania State Bench Press and Deadlift Championships

Saturday June 4th, 2011

Lehigh Recreation Center

243 S. 8th Street Lehigh Pa. 18235

Sanctioned by USA Powerlifting (www.adfpa.com)

Sponsored by Nutritional Technologies (www.nutritek.net)

Schedule: All events take place at the Lehigh Recreation Center.

Friday night June 3rd 6:00 PM to 7:30 PM - **Early equipment check for any lifters, if interested.**

Saturday June 4th 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 Club
c/o Nick Theodorou
5 Stonecroft Drive
Easton PA 18045-2812

For info: Nick Theodorou

610 258-1894 / nutritek@aol.com

Rob Eckhart

610 377-0657 / eckhart1@ptd.net

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 20th 2011

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. Drug testing will be conducted!

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 /No Team entry fee, but 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) and **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, wrist wraps, knee sleeves and 4" wide leather powerlifting belt allowed. (No Velcro)

Equipped: USAPL Single Ply

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

Here are some of the hotels in the area, in no particular order:

Hampton Inn, 877 Interchange Rd. Lehighton-610-377-3400
Inn at Jim Thorpe, 24 Broadway Jim Thorpe Pa. 888-370-9170
Lantern Lodge& Macaluso's RTE. 209 Nesquehoning -570-669-9433
Country Inn & Suites, 1619 Interchange Rd. Lehighton-610-379-5066
Mahoning Inn, 71 Blakeslee Boulevard Dr. E.-610-377-1600

Directions to the Lehighton Recreation Center

243 S. 8th Street
Lehighton Pa. 18235
610-377-0657

•From Mahoning Valley Exit off the PA. Turnpike

Go 209 West, Stay straight onto 443

Turn Right at 2nd light after the bridge onto 9th street

Follow 9th street to Alum Street, make right onto Alum Street and then a left onto 8th street

* From 80 East

Take 80 East to 81 South

Get onto 309 South

Take 309 South to 443 East past Wal-Mart to light At 9th street make left onto 9th street and follow to Alum Street make right and then a left onto 8th street. Center is on your Right

**Breakfast & lunch
will be available at the Rec Center!!**

**2011 USAPL Pennsylvania State
Bench Press and Deadlift Championships**

Official Entry Form (Please print legibly!)

Name _____ Age _____ Date of birth _____
Address _____ City _____ State _____ Zip _____
Phone _____ USAPL # _____ * Exp date: _____ email: _____
Please enter me in the Bench Press _____ Deadlift _____ Weight Class: _____

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

Open (all ages 14 and up)	High School	Masters I (40-44)
Teen I (14-15)	Junior (20-23)	Masters II (45-49)
Teen II (16-17)	University/College Student	Masters III (50-54)
Teen III (18-19)	Police/Fire/Military	Masters IV (55-59)
Raw/Unequipped	Special Olympian / Disabled	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 \$16.00 XXXL \$18.00 Pre-order and pay, size? _____

I enclose a total \$ dollar amount of _____ Payable to "Twin City Powerlifting 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 powerlifting 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 Lehighton Recreational Center, 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 benzhiazine 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 methylenedioxyamphetamine (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