



December 7, 2004

To: All Northwest Powerlifters

From: Dean Reece

RE: ***February 12, 2005 - USAPL Northwest Powerlifting, BP and DL Championships***

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For several years now a few of us have been kicking the idea around about bringing a 3 lift meet back to the Portland area. After speaking with state chairs Mike Mooney and Paula Houston we decided to focus on a regional meet that was centrally located on the I-5 corridor, Portland was a natural choice! It was mid October before we committed to do the meet and have been scrambling to get everything together in time to make sure the event comes off without a hitch. In the last couple of weeks everything has come together and I am proud to say we are ready to move forward with what I hope will be a terrific event and the first three lift meet in Portland of any kind in close to 4 years.

The meet venue is absolutely terrific, with a 1500 square foot warmup room and 6000' total space available, we should have plenty of elbow room. Platforms will have lever-style racks like the ones used in National and International meets so the lifting should move along quickly.

The venue is the ballroom at the Holiday Inn Airport in Portland. For those of you that may want to fly in, the hotel offers a free airport shuttle and they have a restaurant and bar on the premises.

As of right now we have a small block of rooms reserved at a discounted rate. If you want to reserve your room you should do so quickly. Make sure you let them know you are coming for the USA Powerlifting event on Feb 12 to secure the rate.

Many thanks to those who have helped nudge me along to put this meet on. Kevin Stewart, Liz Willet, Mike Mooney, Paula Houston. All of whom will be helping out and making sure that the day runs smoothly for everyone and that everyone has a good time.

On behalf of all of us involved with this meet, I humbly extend the invitation to come and lift, watch, or help. We are excited to be putting this on and I guarantee you won't be disappointed!

Dean Reece  
503-789-9504  
6195 SW 112<sup>th</sup> Avenue  
Beaverton, OR 97008



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## USAPL Northwest Powerlifting, BP and DL Championships

- Date:** February 12, 2005, Lifting begins at 9:30 AM
- Sanctioned By:** USA Powerlifting (sanction # 2-05-03) Memberships are \$40 per year (\$30 per year High School) and are available at the meet)
- Directors:** Dean Reece  
503-789-9504  
dreece@rfi.com
- Location:** **Holiday Inn Portland Airport** (*We have reserved a block of rooms.*  
*Ask for Powerlifting Group Rate of \$69/night*)  
8439 NE COLUMBIA BLVD.  
PORTLAND, OR 97220-1382  
UNITED STATES  
Tel: 1-503-2565000  
Fax: 1-503-2565631  
Email: pdxap@jqh.com  
Check-In Time: 3:00 PM  
Check-Out Time: 12:00 PM
- Entry Deadline:** **ENTRY DEADLINE is January 31, 2005. All entries must be received or postmarked by this date**
- Lifts:** Powerlifting - Squat, Bench Press and Deadlift,  
Bench Press only  
Deadlift only
- Entry Fee:** Individual: \$60.00 for first division/contest. Add \$30.00 for each additional division. Each competitor will receive a Meet T-Shirt with entry.  
Team Entry: \$60 additional for a team.  
**Get your entry in early, as we will be limited to 80 lifters.**
- Example 1: Powerlifting Meet and Bench Press = \$60+\$30 = \$90*  
*Example 2: Bench Press and Deadlift Meets = \$60+\$30 = \$90*  
*Example 3: Powerlifting - Open and Master Divisions = \$60+\$30 = \$90*

**Awards:** Open: 1st – 3rd Place in each Open weight class- Male & Female.  
Junior: 1st – 3rd Place in each Junior weight class- Male & Female.  
Teen: 1st – 3rd Place by Age Group Formula- Male & Female.  
Example: All Teen 1 (14-15) lifters will be scored by formula as a group.  
Master: 1st – 3rd Place by Age Group Formula- Male & Female.  
Example: All Master 1(40-44) lifters will be scored by formula as a group.  
Team: 1<sup>st</sup> – 3<sup>rd</sup> Place

**Divisions:** Open  
Teenage (14-15,16,17,18-19)  
Junior  
Master  
Special Olympian Available upon request

*Note: Records can be set in other divisions i.e. Submaster, Junior etc, with proof of age. The competition, however, will be in the above divisions.*

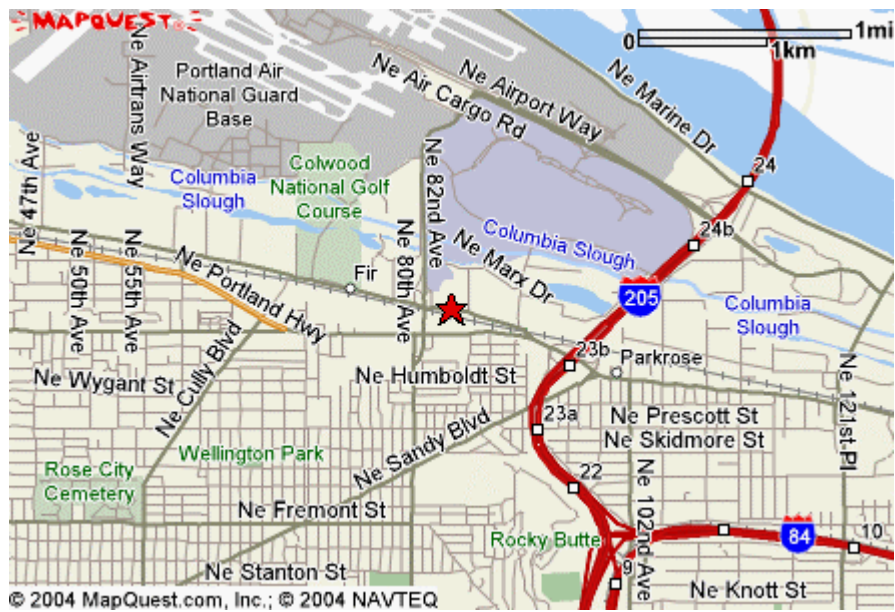
**Weight classes:** Women (In Lbs.) to 97, 105, 114, 123, 132, 148, 165, 181, 198, 198+  
Men (In Lbs.) to 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 275+

**Testing:** You must be drug free for 36 months in order to compete at this meet. A minimum of 10% of the lifters will be tested by URINALYSIS. **Failures will be published.** Banned substances include but are not limited to Anabolic Steroids and Growth Hormone. Prescription diuretics and psychomotor stimulants can not be used for a 7-day period of time prior to the competition. You will receive notification only if you fail the test, test results will be published on the USAPL web site.

**Weigh In / Schedule:** Feb 11, 6:00-7:30 PM - Early weigh-in and gear check (you can check your gear Friday night and still weigh in Saturday morning if you are going to go for a record )  
Feb 12, 7:30 - 9:00 AM – Saturday weigh in and gear check.  
Rules Briefing: 9:00 AM  
Lifting begins promptly at 9:30 AM

**Attire:** You must wear a one piece lifting suit or a wrestling singlet, shoes, and a T-shirt. Specialized squat/deadlift suits, 3 15/16” lifting belts (no velcro or 6" belts) knee and wrist wraps are allowed. No hats or gloves are allowed on the lifting platform. Single ply polyester bench press shirts are allowed (no velcro or denim shirts). Polyester Erector Shirts are allowed (MUST have sleeves). Gear must meet all USA Powerlifting rules. See [www.USAPowerlifting.com](http://www.USAPowerlifting.com) for more details.

***Competition Legal Attire is available from  
Inzer Advance Designs (1-800-222-6897) ,and House of Pain Ironwear (1-888-H-OF-PAIN)!***



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### Driving Directions

FROM I-205 TAKE EXIT 23B-COLUMBIA BLVD. STAY IN THE FAR RIGHT LANE. TURN RIGHT ONTO COLUMBIA BLVD (UNDER RAILROAD TRESTLE). HTL IS 1/2 MI ON RIGHT.

CONTEST ENTRY FORM

NAME \_\_\_\_\_

TELEPHONE (\_\_\_\_) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ St \_\_\_\_\_ Zip: \_\_\_\_\_

Contest Entry: CIRCLE ONE: MEN OR WOMEN.

Powerlifting \_\_\_\_\_ Bench Press \_\_\_\_\_ Deadlift \_\_\_\_\_

Your Birthdate: \_\_\_/\_\_\_/\_\_\_

Age on Date of Meet \_\_\_\_\_

Check/circle the divisions you are entering:

PL	OPEN	TEENAGE 14-15/16-17/18-19	MASTER (1, 2, 3, 4, 5, 6, 7, 8, 9, 10)
Bench Press	OPEN	TEENAGE 14-15/16-17/18-19	MASTER (1, 2, 3, 4, 5, 6, 7, 8, 9, 10)
Deadlift	OPEN	TEENAGE 14-15/16-17/18-19	MASTER (1, 2, 3, 4, 5, 6, 7, 8, 9, 10)

ANTICIPATED WEIGHT CLASS \_\_\_\_\_

U.S.A.P.L.CARD NUMBER \_\_\_\_\_ (cards will be available at meet if you do not have one)

PROOF OF AGE IS REQUIRED FOR ALL EXCEPT FOR THE OPEN DIVISIONS.

YOUR OCCUPATION \_\_\_\_\_

LIFTING HONORS \_\_\_\_\_

1 Meet T-Shirt Included with Entry

T-shirt Size M\_\_\_ L\_\_\_ XL\_\_\_ XXL\_\_\_ XXXL\_\_\_

Additional Meet t-shirts are available for \$20 if pre-ordered. Please indicate quantities below

T-shirt Size M\_\_\_ L\_\_\_ XL\_\_\_ XXL\_\_\_ XXXL\_\_\_

AMOUNT ENCLOSED \$ \_\_\_\_\_

MAKE CHECKS PAYABLE TO AND MAIL TO:

Dean Reece.  
6195 SW 112<sup>th</sup> Avenue  
Beaverton, OR 97008

**APPLICATIONS MUST BE POSTMARKED ON OR BEFORE January 31, 2005.**

RELEASE FROM LIABILITY

**Important: Read this release carefully. When you sign it, you will be giving up important legal rights.**

In consideration of the acceptance of my entry blank in this Powerlifting competition I intend to be legally bound, for not only myself but also for my heirs, executors, and my administrators. In signing this release from liability I waive and release everyone connected with this competition which includes the meet director, and sponsors of the meet, meet staff and USA Powerlifting from any and all liability which may arise from this competition. Moreover, I agree that any testing method which the meet directors and the sponsors of this meet use to detect the presence of strength-inducing drugs SHALL BE CONCLUSIVE. That is, whether I think the results of the tests 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 tests, 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. If it is determined that I have failed the drug test, I understand and agree to waive any claim for which legal relief is available and my name will appear on a published list of suspended members. I agree to pay any attorney fees and litigation expenses incurred by any persons, 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 invalid, the remainder of this Release from Liability shall remain in full force and effect. I also certify with signature that this release/agreement cannot be modified orally.

Print Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_

**Signature of parent or guardian if the applicant is under 21 years of age.**

\_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_

CERTIFICATION

I hereby give my word of honor as an athlete that I have not used any strength inducing drugs ( i.e. anabolic steroid, natural hormone or synthetic growth 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 days prior to this contest. I further understand that certain over-the-counter and readily available nutritional supplements may cause a drug test failure and that I, as an athlete, am ultimately responsible for what I take or ingest.

Print Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_

**Signature of parent or guardian if the applicant is under 21 years of age.**

\_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_