



**13th Annual Bull Stewart
Alki Beach Classic
Bench Press and Dead Lift
Championship
Saturday August 15, 2009
Alki Beach, Seattle**

Location

We will return to the location we have been using every year since 1997. This at Alki Beach Park across from Tully's Coffee and Spud's Fish House (2666 Harbor Drive) on the Alki Beach waterfront. Directions are in the entry form.

Equipment

We will have an elevated 8' by 8' lifting platform with a non skid surface. The platform will be level. No lifting off mats set on the ground.

International competition kilo weights will be used (Ivanko).

The lifting platform will be under a sun shade, so bench press competitors will not look up into the sky.

Venue

Food and merchandise vendors will be at the meet. Custom designed colored t-shirts will be pre-printed and available to all competitors.

Thousands of spectators will be passing by the lifting area as they walk along the Alki Beach sidewalk.

Entry Information

Entry forms are available on the northwest USAPL web site: www.nwusapl.com or from meet directors. Entry deadline is August 5, 2009.

**Further information: Bull Stewart (206)725-7894 bullstewart@hotmail.com
Richard Schuller (206)280-8122 e-mail: R@BullR.com**

Weigh Ins: Early weigh in's will be held 5:30-8:30 PM on Friday Aug 14 at the Courtyard by Marriott, 16038 West Valley Highway, Seattle, WA. (425)255-0300. The hotel is right off I-405 near the South Center shopping area. **Saturday weigh ins:** (For those attempting records) will be at the lifting venue from 7-8:30 and for lifters doing deadlift only from Noon to 1:30.

Lifting Schedule: Saturday August 15

The final schedule is subject to change due to the number of entries in each division and event. A final schedule will be posted on August 14 prior to weigh in.

Bench Press:

8:30 AM – Rules Briefing

9:00 AM – Women, Teens, Special Olympics

10:00 AM – Junior men, Open men

11:00 AM – Master men

11:45 AM – Trophy Presentation

Bodybuilding Event - Noon- 1:00 PM

Dead lift:

1:30 PM – Women, Teens and Special Olympics

2:30 PM - Junior men, Open men

3:30 PM – Master men

4:00 PM – Trophy presentation

Meet Location: The Alki Beach lifting area is at Alki Beach Park, across from Tully's Coffee at 2668 Harbor Ave. in the Alki District of West Seattle. The site is 3.2 miles from the traffic light at the base of the exit ramp for the West Seattle Freeway onto Harbor Ave.

Directions: Take the West Seattle Freeway exit from Interstate 5 (about 2 miles south of downtown Seattle) and head toward West Seattle. Take the Harbor Avenue exit. At the base of the exit ramp, turn right at the light and drive approximately 3.2 miles. The meet site is at Alki Beach Park across from Tully's Coffee and Spud's Fish and Chips.

Hotel: There is no hotel near the meet site. However, hotel accommodations for lifters have been arranged at a hotel that has easy access to the freeway system. A block of rooms is being held for meet participants at the special rate of \$109.00 per night plus tax at the Courtyard by Marriott at 16038 West Valley Highway in the South Center area of Seattle. The hotel is located just off I-405 near the intersection with I-5 at the south end of the Seattle metro area. Sea-Tac Airport is approximately two miles to the west of the hotel. Mention that you are with the powerlifting event to get the special rate. You must book your own reservations with the hotel at (425)255-0300.

USA Powerlifting
13th Annual Alki Beach Bench Press and Deadlift Classic
Saturday August 15, 2009
Alki Beach Seattle
Entry Form

Name: _____

Address: _____

City _____ State: _____ Zip Code _____

E-Mail Address _____

Phone _____

Age: _____ Date of Birth _____ Male _____ Female _____

USAPL Registration Number: _____

Team name: _____

I am lifting: **With Support Gear** _____ **Lifting Raw** _____

Circle the divisions you are entering:

Bench Press: 10-11, 12-13, 14-15, 16-17, 18-19 Junior **Open**
Master: 40-44/ 45-49/ 50-54/ 55-59/ 60-64/ 65-69, 70+

Deadlift: 10-11, 12-13, 14-15, 16-17, 18-19 Junior **Open**
Master: 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

Anticipated Weight Class: _____ Are you: Novice(First Meet) Special Olympics

Entry Fee: Bench Only= \$75 Deadlift Only=\$75 Any two (eg.DL + Bench) = \$130 Three divisions = \$150 (2 bench+DL) 4 divisions (eg 2 bench + 2 Deadlift) = \$175

Meet T-Shirts can be ordered for \$13 each if pre-ordered (\$15 at the meet). Please indicate size and quantity of shirts below.

T-Shirt Size: S _____ M _____ L _____ XL _____ XXL _____ XXXL _____

Amount Enclosed (Entry fee + shirts) \$ _____

**Make Checks Payable to: BullR Enterprises Mail to: Bull R c/o Columbia City Fitness,
4860 Rainier Ave South - Suite B, Seattle, WA, 98118**

Entry forms must be postmarked by August 5, 2009

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 lifting 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 directors, BullR, LLC, the City of Seattle, 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 ___/___/___