



OFFICIAL ENTRY FORM

YMCA SEATTLE SUMMER CLASSIC POWERLIFTING AND BENCHPRESS/ DEADLIFT CHAMPIONSHIPS

Saturday June 27, 2009

Meredith Mathews East Madison YMCA
1700 23rd Ave. Seattle, WA 98122 (206) 709-0410 phouston@seattleyymca.org

IMPORTANT INFORMATION

- **This is a ONE DAY event. Entries will be limited to 60 lifters.**
- There will be a rules briefing prior to lifting on the day of the meet, however lifters are strongly encouraged to review the **IPF Technical Rules Book** which can be found at www.powerlifting-ipf.com.
- LIFTING BEGINS AT 9:00 AM. Check-in and weigh-in will be the day of the meet 7:00-8:30 am at the meet site. Early weigh in and gear check 6:30- 8:00 pm Friday June 26th at the meet site. **You must weigh in the day of the meet if you plan to set ANY record.**
- A current USA Powerlifting membership card must be shown or purchased at check-in time the day of the meet. The card price is \$40.00 for adults, \$30.00 for juniors, teens and youth.
- A one- piece lifting suit is required (thigh length unitard or wrestling singlet). Supportive suits and shirts are recommended, but not required. (*Please see the rules for RAW LIFTING at www.nwusapl.com*) A short-sleeved t-shirt must be worn under the one- piece suit. Knee length socks are **REQUIRED** for the deadlift.

ENTRY FEE: Full Meet: Open, Masters and Juniors: \$65.00 for one division, full meet . \$35.00 for second division.

Youth, teens, disabled or Special Olympians: \$35.00

Benchpress / deadlift: Open, masters and juniors, \$65.00 each for benchpress or deadlift, \$95.00 for both

Youth, teens, disabled or Special Olympians: \$35.00 each for benchpress or deadlift. \$60.00 for both.

ENTRY DEADLINE: June 8, 2009. ENTRIES MUST BE RECEIVED BY THIS DATE. NO LATE ENTRIES WILL BE ACCEPTED

Make checks payable to: Meredith Mathews East Madison YMCA (MEM YMCA)

Mail to: Meredith Mathews East Madison YMCA
1700 23rd Ave. Seattle, WA 98122
Attn: Paula Houston

OFFICIAL ENTRY FORM

YMCA SEATTLE SUMMER CLASSIC POWERLIFTING AND BENCHPRESS/ DEADLIFT CHAMPIONSHIPS

Saturday June 27, 2009

Meredith Mathews East Madison YMCA

1700 23rd Ave. Seattle, WA 98122 (206) 709-0410 phouston@seattleyymca.org

NAME _____

PHONE () _____

ADDRESS _____

CITY _____

STATE _____ ZIP CODE _____

EMAIL ADDRESS _____ **(PRINT CLEARLY)**

AGE _____ DATE OF BIRTH _____ Male _____ Female _____

USAPL REG. # _____

POWERLIFTING (full 3 lift meet) DIVISION (S) ENTERING:

RAW DIVISION ONLY _____

YOUTH _____ 10-11 _____ 12-13 TEEN _____ 14-15 _____ 16-17 _____ 18-19 JUNIOR _____ 20-23

OPEN _____ DISABLED _____ SPECIAL OLYMPIAN _____

MASTER _____ 40-44 _____ 45-49 _____ 50-54 _____ 55-59 _____ 60-64 _____ 65-69 _____ 70-74 _____ 74-70 _____

WEIGHT CLASS (lbs): 97 _____ 104 _____ 114 _____ 123 _____ 132 _____

148 _____ 165 _____ 181 _____ 198 _____ 198+ _____ (women only) 220 _____ 242 _____ 275 _____ 275+ _____

BENCHPRESS/DEADLIFT DIVISION(S) ENTERING (Circle benchpress, deadlift or both to indicate which you are entering):

RAW DIVISION ONLY _____

YOUTH _____ 10-11 _____ 12-13 TEEN _____ 14-15 _____ 16-17 _____ 18-19 JUNIOR _____ 20-23

OPEN _____ DISABLED _____ SPECIAL OLYMPIAN _____

MASTER _____ 40-44 _____ 45-49 _____ 50-54 _____ 55-59 _____ 60-64 _____ 65-69 _____ 70-74 _____
75-79 _____

WEIGHT CLASS (lbs): 97 _____ 104 _____ 114 _____ 123 _____ 132 _____

148 _____ 165 _____ 181 _____ 198 _____ 198+ _____ (women only) 220 _____ 242 _____ 275 _____ 275+ _____



USA POWERLIFTING™

(formerly the ADFPA Inc.)

PO Box 668

Columbia City, IN 46725

260-248-4889 / 260-248-4879 fax

**MENS SANA IN CORPORE SANO
A SOUND MIND IN A SOUND BODY**

ALL LIFTERS MUST SIGN THIS PRIOR TO WEIGH-IN

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, my executors, and my administrators. In signing this release from liability I waive and release everyone connected with this competition from any and all liability, including any result of negligence which may arise from this competition.

Moreover I agree that any testing method which the meet director 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. I understand and agree that if I fail to pass the drug tests, my name will appear on a published list of suspended members. If it is determined that I have failed 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 invalid, the remainder of this Release from Liability shall remain in full force and effect. I also certify with my signature that this release/agreement cannot be modified orally.

Signature in full of applicant

Signature in full of parent or guardian if
the applicant is under 21 years old.

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 growth hormone) as part of my training during the past thirty six months, nor have I used prescription diuretics or psychomotor stimulants during the seven days prior to this meet.

Signature in full of powerlifter: _____