



**2010 Washington State Powerlifting
Championships
Single Lifts: Bench Press & Deadlift
February 27 & 28, 2010
Valley Athletic Club, Olympia, WA**

The 2009 Washington State Powerlifting Championships will be held at the Valley Athletic Club in Tumwater (Olympia), Washington. Due to the large number of lifters, we will hold the meet over two days in order to complete the lifting at a reasonable time each day.

For ALL lifters:

- A FREE powerlifting merchandise gift (wraps, t-shirt, etc.)
- Random drawing for MORE FREE STUFF (gift certificates, supplements, etc.)
- Drawing for free entry into future BullR power meet
- Two day schedule to prevent any late night finishes
- Custom designed award plaques + custom designed t-shirts
- Option of competing RAW (no support gear other than belt and wrist wraps)

For lifters from out of town:

- Hotel rate at Tumwater Inn is \$69/night (\$40 less than at 2008 meet)

**LIFT WITH USAPL IN 2010
ONE MEMBERSHIP FEE- FIVE GREAT MEETS IN
WESTERN WASHINGTON**

- Feb 27 & 28 - State Championships - Olympia
- July (early) - Seattle Summer Classic - Seattle
- Aug (mid) - Alki Beach Bench Press- Deadlift - Seattle
- October (mid) - Columbia City Classic - Seattle
- December (early) Fife Holiday Classic - Fife

Entry Deadline is February 15, 2010

General Information

Meet Directors:

Richard Schuller
(206)280-8122
R@BullR.com

Bull Stewart
(206)725-7894
bullstewart@hotmail.com

Entry Deadline is February 15, 2010
\$25.00 late fee for entries submitted after this date
NO entries accepted after Feb 20, 2010

Entry Fees: Powerlifting Only = \$80
Bench Press Only = \$70
Deadlift Only = \$70
Any Two competitions = \$120 (ex. Powerlifting and Bench Press or BP& DL)
All Three competitions = \$150 (Powerlifting, Bench Press and Deadlift)
Team = \$50 Minimum of 6 lifters, maximum of 10. The best 6 count in scoring.

Make checks payable to: BullR Enterprises, Mail to: BullR c/o Columbia City Fitness, 4860 Rainier Ave S,- Suite B, Seattle, WA 98118. Be certain to include your e-mail address as we will send you the final information on the meet schedule.

All participants must have a current USAPL membership card. If you do not have one, they will be for sale at the meet (\$45 for one year). Teens pay \$30 for year, \$15 for half year.

Awards: 1st – 5th in all divisions for men, women, masters and novices.
All lifters will receive a certificate of participation

Weight Classes in pounds:

Women: (97 y & teen only), 104, 114, 123, 132, 148, 165, 181, 198 and 198+
Men: (114 y & teen only), 123, 132, 148, 165, 181, 198, 220, 242, 275, 275+

Divisions:

Open = An option for participants of any age. Mandatory for those age 24-39
Novice Lifters, Military and Law & Fire compete in open or age groups
Age Groups: Junior – Age 20-23
Masters: Age: 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+
Youth and Teen: Age 10-11, 12-13, 14-15, 16-17, 18-19
Special Olympics and Disabled lifters: All weight classes and age groups

Raw Lifting: As of September 1, 2007 “Raw” lifting rules have changed. **Knee wraps are no longer allowed. Wrist wraps and belts are OK.** All “raw” lifters must wear a regulation one piece lifting suit (wrestling singlet).

Drug Testing: You must be drug free for at least 36 months prior to the date of this meet to be eligible to compete. At least 10% of all lifters will be tested by urinalysis. Banned substances include but are not limited to anabolic steroids and growth hormones. The complete list of banned substances is available on the web site of the World Anti-Doping Agency (see www.WADA-ama.org).

Lifting Attire: All competitors must wear a one piece lifting suit or a wrestling singlet, shoes and a T-Shirt. Specialized squat/deadlift suits, regulation 3 15/16” lifting belts, knee wraps and wrist wraps are allowed. No Velcro or 6” lifting belts are allowed. No hats or gloves are allowed on the lifting platform. Single ply polyester bench shirts are allowed. No Velcro or denim bench shirts are allowed. Polyester erector shirts are allowed, but must have sleeves. All equipment must conform to USA Powerlifting rules. See www.USAPowerlifting.com for details.

Check In: **Check In – All lifters, all sessions will check in at the registration desk in the lobby of the Valley AC. Early check in: Friday 4-8 PM and all day Saturday. Any questions: ask at the door to the meet.**

WEIGH IN SCHEDULE

Saturday lifters: Early weigh in at Valley AC 5-8 PM.

Morning session – **weigh in at meet hotel 7-8:30 AM.**

Afternoon session – **at Valley AC Noon-1:30PM – check at desk for location.**

Sunday Lifters: Early weigh in at Valley AC – Sat 5-8 PM - Check at registration desk.

Sunday morning session - **Weigh In at Meet hotel 7-8:30 AM**

Sunday afternoon session – **Weigh in at Valley AC – check at desk for location.**

LIFTING SCHEDULE

Lifting Schedule: The final lifting schedule will depend on the number of entries in specific weight categories. **All participants will be notified by e-mail of the final schedule around Feb 22.** The preliminary schedule is as follows:

Saturday Feb 27: **9:00 AM Session:**

Invitational Lifters (men and women, all ages/weight categories),

Women – Men 123-148

2:30 PM - Induction of new members of the Washington Powerlifting

Hall of Fame, Athlete of the Year award, Coach of the Year award.

3:00 PM Session: High School Championships

Sunday Feb 28: **9:00 AM Session** - Men 165, 181, 198, 220 **2:00 pm session:** Men 242- SHW

We will notify you by e-mail or phone the week of the meet on final schedule

Depending on registration, the 220 class may lift in the afternoon.

Meet Hotel: The meet hotel is the Best Western Tumwater Inn, located roughly 1.5 miles from the meet location. The hotel will offer **special rates to lifters of \$69 per night**. You will need to call the hotel directly to get this rate: (360)956-1235.

The hotel is located on the east side of Interstate 5, at Exit 102 (Tropser Rd/Black Lake). If you are coming from the south, come off the freeway and make a right turn. One block later you will come to Capitol Blvd. Make a left. The hotel is about one block down on the right situated behind the Shell gas station.

From the north: Take Exit 102 (Trosper Rd/Black Lake) and go left, back over the freeway. About one block on the east side of the freeway you will come to the intersection of Capitol Blvd. Turn left again, and the hotel is about a block down on your right behind the Shell gas station.

Meet Location: The Valley Athletic Club is located at 4833 Tumwater Valley Drive, Tumwater, WA, 98501. The main desk phone number is: (360)352-3400

From the hotel: Turn RIGHT out of the parking lot, and go down to the second stop light (about 8/10 mile). Turn RIGHT at the intersection of Capitol Blvd and E Street. There will be a big sign for the Valley AC at the corner. Within 50 feet, you will turn RIGHT again and go about half a mile to the VAC. You will pass a golf course on the left just before you enter the VAC parking lot. The lot is very large, park anywhere.

From other locations: Take Exit 102 on Interstate 5 (Trosper Rd/Black Lake). Head east of the interstate. Roughly one block to the east of the interstate will be stop light at the intersection of Capitol Blvd. Take a LEFT and go to the second traffic light (slightly less than a mile). Make a RIGHT turn at the light. There will be a big sign at the corner for the Valley AC. In about 50 feet you will turn right again, and follow this road about a half mile to the VAC parking lot. You will pass a golf course on your left just before you come to the VAC parking lot.

VERY IMPORTANT: The VAC is a private club, and people attending the event as spectators will have to check in at the front desk when they enter. You may also be required to sign a release from liability while you are on site.

Lifters Under 21: According to the USAPL you must have a parent or guardian sign the release from liability. This is very important, as you will not be allowed to lift if your entry form has not been properly signed.

The organizers of this event reserve the right to refuse participation of anyone in this event, or refuse admission to the venue.

**February 27-28, 2010
Valley Athletic Club, Tumwater, WA**

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:

Powerlifting: 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+

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: Powerlifting Only = \$80 Bench Only= \$70 Deadlift Only=\$70
Any two (eg.PL + Bench) = \$120 All Three (PL+Bench+DL)= \$150

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 Feb 20, 2010

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 directors, BullR, LLC, the Valley Athletic Club, 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 ___/___/___