



**4th Annual
Columbia City Classic
Powerlifting,
With Bench Press and Deadlift Option
Esquire Club, Seattle
Saturday October 22, 2011**

NEW LOCATION:

**The meet will be held at the Esquire Club, 5046 Rainier Ave S.
Two blocks south of Columbia City Fitness on Rainier Ave**

This is a large private dance club with seating for 100+ spectators, a large stage area for lifting and lots of warm up space.

Awards: As always, powerlifting competitors will receive custom designed plaques with special meet artwork done by our graphics wizard.

Meet T-Shirts: Custom designed t-shirts with the unique meet logo will be available for advance purchase for \$15. (\$20 at meet).

Hotel: We have negotiated a deal with the Days Inn (Seattle South/Tuckwila) for rates of \$69 per night (two beds). The hotel is located at Exit 156 off Interstate-5 in Tuckwila at Interurban Ave. The hotel is clearly visible from the freeway. It is approximately eight miles from the meet site, but a very easy drive. Call the hotel for reservations (206)241-2200.

There will be food service on the premises during the meet. Also, there are four restaurants within a block of the lifting venue.

Information: Bull Stewart bullstewart@hotmail.com (206)725-7894
Richard Schuller richardschuller07@comcast.net (206) 280-8122

Entry Deadline is October 10, 2011

General Information

Weigh In Schedule: NEW RULES: ALL LIFTERS MUST WEIGH IN TWO HOURS BEFORE THEY ARE SCHEDULED TO LIFT. NO EARLY WEIGH IN'S ARE ALLOWED (new rule July 1, 2010)

Establishing American records. – This meet will provide an opportunity for lifters to establish records in all age and weight classifications, both raw and with support gear. Please indicate on your entry form if you intend to attempt a record lift. Notify the scorer's table that you will be attempting an American Record. If you are successful, you will have to fill out required forms to be properly credited with your record.

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 October 19.** *The preliminary schedule is as follows:*

The *final* Lifting Schedule will be determined by the number of entries in each weight class and age division. The estimated schedule is as follows:

7-8:30 AM Weigh In's at meet site (all classes) – This is the *actual* weigh in time
9:00 AM – Squats begin (all groups) – We will start on time
11:30 AM – Bench press begins (all groups) –our best guess
1:30 PM Deadlift begins (all groups) – our best guess
3:30 Awards for all competitors

The makeup of flights and exact lifting schedule will be determined by the number of entries in each category.

NEXT EVENTS

DEC 3 – (estimated) Fife Holiday Classic – Fife High School, Fife

**Last week end in February 2012 – State Championships
– Two day event
-Olympia, WA**

Last week end of June 2012 (approximate) – Seattle Summer Classic

**USA Powerlifting
2011 Columbia City Classic
October 22,2011
Seattle 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: _____ Special Olympics _____

Entry Fee: Powerlifting Only = \$85 Bench Only= \$75 Deadlift Only=\$75
Any two (eg.PL + Bench) = \$130 All Three (PL+Bench+DL)= \$160

Meet T-Shirts can be ordered for \$15 each if pre-ordered (\$20 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 ,
Mail to: Columbia City Fitness, 4860 Rainier Ave S, Suite B, Seattle WA, 98118
Entry forms must be postmarked by October10, 2011 – with late fee by Oct 14, 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 director, and sponsors of the meet, BullR, LLC, the Esquire Club and 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 ___/___/___