



2012 Washington State Powerlifting Bench Press & Deadlift Championships

February 25-26, 2012

Royal Esquire Club

5046 Rainier Ave S

Seattle WA, 98118

Additional Championship Week End Events

Mr & Ms. Columbia City Competition

Saturday and Sunday

Washington Powerlifting Hall of Fame Ceremony

Saturday

New Lifting Venue

After three years in Olympia, we have moved the State Meet back to Seattle. We held a meet in the new venue in October to determine what needed to be done to hold the State Meet at that location.

The new site will feature:

- **Lifting on a lighted stage area**
- **Food and drink on site for very reasonable prices**
 - **Seating for over 300 people**
 - **Separate warm up area**
- **We are arranging for reserved off street parking in near by lots**

Preliminary Schedule for Lifting

Saturday – Feb 25

9:00 AM – Invitational Division

2:00 PM – Hall of Fame Awards

3:00 PM – Ms. Columbia City Competition

4:00 PM – Bench Press Championships*

6:00 PM – Deadlift Championships*

*If you are **only** competing in bench press and/or deadlift, you will lift Saturday afternoon. If you are a powerlifter also competing in bench press and deadlift, you will lift when your powerlifting group competes.*

Sunday – Feb 26 (powerlifting competition)

9:00 AM – Women and Lightweight men (123-198)

3:00 PM – Heavyweight men (220-SHW)

ACTUAL 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 February 21.** The preliminary schedule is listed above:

**Meet Location: The Royal Esquire Club,
5046 Rainer Ave S, Seattle WA, 98118
Day of Meet Phone (206)725-7894**

Spectators Admission = \$5 each day. Pre-pay with entry and admission is \$5 for both days.

Food at the Venue: The Royal Esquire Club has a full kitchen that will prepare meals to order from a menu. Breakfast will be available for \$6 with several choices. A full lunch menu will also be available. Waiters will bring ordered items to your seat in the main lifting area.

Custom Awards: As always, we will give custom plaques to powerlifters and bench press competitors. We will give custom trophies to deadlifters. Special awards will also be given for best male and female lifter. In addition, we will give some special merchandise awards to lifters from a random drawing.

Custom T-Shirts: We will have unique custom designed t-shirts available for \$15 on pre-order and \$20 at the meet. We will make *long sleeved t-shirts by pre-order only for \$25.*

WEIGH IN SCHEDULE

Saturday lifters:

Morning session – at **7 -8:30 AM. At the Royal Esquire Club.**

Afternoon sessions – at **Royal Esquire Club 1-2:30PM –**

Sunday Lifters:

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

Sunday afternoon session – **Weigh in at the Venue – 1:00 – 2:30**

Raw Lifting: As of September 1, 2007 “Raw” lifting rules require all competitors to wear a regulation one piece lifting suit. **Wrist wraps and belts are OK.** Neoprene knee sleeves are OK. No other support gear is allowed.

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.

Entry Deadline is February 15, 2012

General Information

Meet Directors:

Richard Schuller
(206)280-8122

Richardschuller07@comcast.net

Bull Stewart
(206)725-7894

Bullstewart@hotmail.com

Entry Deadline is February 15, 2012
\$25.00 late fee for entries submitted after this date
NO entries accepted after Feb 18, 2012

Entry Fees: Powerlifting Only = \$85
Bench Press Only = \$75
Deadlift Only = \$75
Any Two competitions = \$140 (ex. Powerlifting and Bench Press or BP& DL)
All Three competitions = \$160 (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 , 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.

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

USA Powerlifting
2012 Washington State Powerlifting Championships
Feb 25-26, 2012 Royal Esquire Club, 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** _____ **Weight Class** _____

I am competing: (circle division) Teen 12-13, 14-15, 16-17, 18-19 JUNIOR 20-23

OPEN AGE 24-40 Masters: 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+

Additional Category: (ex. Police-fire, Special Olympics, _____)

Option 1: I am entering: **Full Powerlifting Meet (compete in all three lifts for a total)**

In addition to powerlifting I want to compete in (circle those that apply)

Bench Press **Deadlift**

Option 2: I am entering the single lift only completion in: (circle those that apply)

Bench Press **Deadlift**

Entry Fee: Powerlifting Only = \$85 Bench Only= \$75 Deadlift Only=\$75

Any two (eg.PL + Bench) = \$140 All Three (PL+Bench+DL)= \$165

Meet T-Shirts can be ordered for \$15 each if pre-ordered (\$20 at the meet). Please indicate size and quantity of shirts below. Long sleeve shirts available only by pre-order for \$25.00.

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

Amount Enclosed (Entry fee + shirts) \$ _____ (add \$5.00 for 2 day admission pass)

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

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 Royal Esquire 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 ___/___/___