

2010 USPF Los Angeles Fit Expo Benchpress and Deadlift Championship

- DATE & TIME:** Sunday, January 24, 2010, 10:00 AM
- LOCATION:** Los Angeles Convention Center (South Hall), 1201 S. Figueroa St, Los Angeles, CA
- DIRECTIONS:** Use www.mapquest.com for specific directions from your location.
- SANCTIONED BY:** United States Powerlifting Federation (USPF)
- ELIGIBILITY:** Any male or female age 13 years or older. Lifters must be current USPF cardholders. Cards will be available at the weigh-in for \$30 (High School--\$15)
- DIVISIONS:** Open Men/Women, Junior Men/Women,
Submaster Men/Women, Master Men/Women
- WEIGHT CLASSES:** Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, 308+
Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, 198+
- RULES:** CURRENT WPF RULES. One piece wrestling type singlet must be worn as a minimum. Single ply bench and deadlift suits only. Velcro allowed on bench shirt, but must be closed with a continuous neckline—no open back shirts.
- SCHEDULE:** Early weigh-in -----Saturday - 10:00am to 11:30am & 4:00pm to 5:30pm
Regular weigh-in -----Sunday - 7:30am to 9:00am
Rules Briefing -----Sunday - 9:10am
Lifting Begins-----Sunday - 10:00am
- AWARDS:** Open Men/Women (13+)-----1st - 3rd place in each weight class
Junior Men/Women 13-15, 16-17, 18-19, 20-23-----1st - 3rd place in each age group/wt class
Submaster Men/Women 35-39-----1st-3rd place in each weight class
Master Men/Women 40-44, 45-49, 50-54, etc-----1st - 3rd place in each age group/wt class
Best Lifter----- Open, Junior, Master, for BP/DL
Team Division-----1st - 2nd place
- ENTRY FEE:** \$65.00 per lifter, add \$35.00 if entering additional event or division (BP & DL—2 awards or Open & Master—2 awards). Entry fee includes meet t-shirt. Separate Team entry fee-\$35.00. Send team roster with individual entry form.
- DEADLINE:** Entries must be postmarked no later than Monday, January 4, 2010. Entries postmarked after deadline must pay late fee of \$30.00. ABSOLUTELY NO ENTRIES ACCEPTED AFTER JAN 8, 2010.
- PAYMENT:** Make check or money order payable to: Steve Denison
Send entry form and payment to: Steve Denison,
P.O. Box 18346, Anaheim, CA 92817
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- QUESTIONS:** Call Steve Denison at 661-333-9800 cell or email at PWRLFTRS@MSN.COM
- WEBSITE:** Go to www.powerliftingca.com to print additional copies of the entry form or to view the American or California State Records and Rules.
- SPONSORS:** Inzer Advance Designs, CON-CRETE and Team Alan and Bonnie Aerts
- ACCOMODATIONS:** The Holiday Inn LA City Center: 1020 S Figueroa St, Los Angeles, CA 90015
•Call the hotel directly at 888-336-3745 to reserve your room.
•The event discount code is TheFitExpo. Special room rate expires Dec 25, 2009.
•Our discount rate is \$155 for singles and doubles
•Website is - <http://www.hicitycenter.com>
- Other hotels available at www.priceline.com, www.hotels.com, www.expedia.com

2010 Fit Expo Benchpress, & Deadlift Championship

Entry Form

Name: _____ Age on Jan 24: _____ Birth date: _____

Address: _____ City: _____

State: _____ Zip: _____ Phone : (_____) _____

Email: _____ USPF Card # _____ Expiration: _____
(Cards can be purchased at weigh-ins)

Circle the weight class you are entering

Men's
Weight Classes: 114LB 123LB 132LB 148LB 165LB 181LB 198LB 220LB 242LB 275LB 308LB 308+LB

Women's
Weight Classes: 97LB 105LB 114LB 123LB 132LB 148LB 165LB 181LB 198LB 198+LB

Circle the Division and Event you are entering

BENCHPRESS ONLY: Open, Junior 13-15, 16-17, 18-19, 20-23, Submaster 35-39,
Master 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

DEADLIFT ONLY: Open, Junior 13-15, 16-17, 18-19, 20-23, Submaster 35-39,
Master 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

ENTRY FEE: \$65.00 for one event and one division (Add \$35 for each additional event or division)

DEADLINE: January 4, 2010 (Entries postmarked after Jan 4th pay \$30.00 late fee. No entries accepted after Jan 8, 2010)

CIRCLE T-SHIRT SIZE (Included with entry fee) : S M L XL 2XL 3XL 4XL

Send your entry form and payment to: Steve Denison, P.O. Box 18346, Anaheim, CA 92817

Waiver and Release:

In consideration of the acceptance of my application for entry into the 2010 Fit Expo Benchpress, & Deadlift Championship sanctioned by the United States Powerlifting Federation (USPF) on the day of January 24, 2010, I hereby waive, release, and discard any and all claims for damages, death, personal injury or property damage which I may have or which may hereafter occur to me as a result of my participation in said event. This release is intended to discharge in advance, Steve Denison, the USPF, The Fit Expo, IronMan Magazine, The Los Angeles Convention Center and National Fitness Productions and any other unnamed sponsors, officials, agents, or representatives of these individual organizations from and against all liability arising out of or connected in any way with my participation in said event, even though that liability may arise out of the negligence or carelessness on the part of persons or entities mentioned above. I understand that I am not covered for any personal injury and/or property damage under any medical or liability insurance policies of any of the aforementioned parties or any other sponsors. It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns.

Signature of Competitor

Date

Signature of Parent/Legal Guardian
If competitor is under 18 years old

Date