

USPF Military National Powerlifting Championship

Full Power, Bench only, Deadlift only, Push-Pull

- DATE & TIME:** Saturday, May 29, 2010, 10:00 AM
- LOCATION:** Venice Beach Recreation Center, 1800 Ocean Front Walk, Venice, CA 90291
- DIRECTIONS:** 10 Fwy West to 4th/5th Street exit, then left on 4th St over the Freeway. Take a right on Pico Blvd and left on Neilsen Way which turns into Pacific Ave when you reach Venice. Take right on Venice Blvd and park in public lot. Check www.mapquest.com for specific directions from your location.
- SANCTIONED BY:** United States Powerlifting Federation (USPF)
- ELIGIBILITY:** Any male or female active duty, reservist, National Guard, Retiree, or Veteran from any branch of service. Lifters must be current USPF cardholders. Cards will be available at the weigh-in for \$30
- DIVISIONS:** Open men/women, Junior men/women 18-19, 20-23, Submaster men/women 35-39, Master men/women 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+
- TEAMS:** Maximum of 6 lifters, no more than two per weight class, male & female combined. Team list must be submitted to event director prior to weigh-in.
- 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 USPF/WPF rules. One piece wrestling type singlet must be worn. Single ply squat, bench, and deadlift suits only. Velcro on bench shirt must be closed—no open back shirts. Single ply Groove briefs with no legs and Erector shirts ok. No gloves or elbow wraps. T-shirt required.
- SCHEDULE:** Early weigh-in: ----Friday, 5:00pm to 6:30pm
Regular Equipment check and weigh-in: -----Sat, 7:30am to 9:00am
(All Lifters) Rules Briefing: -----Sat, 9:10am
Lifting Begins: -----Sat, 10:00am
- AWARDS:** Open Men/Women-----1st - 3rd place in each weight class
Junior Men/Women-----1st - 3rd place in each wt class
Submaster Men/Women-----1st - 3rd place in each wt class
Master Men/women-----1st - 3rd place in each age/wt class
Best Lifter-----PL/BP/DL/PP: Open, Junior, Master, for men/women
- ENTRY FEE:** \$65.00 for one event, one division, Add \$35 if entering additional event or division (BP & DL—2 awards or Open PL & Master PL—2 awards)
Team Entry: \$50.00 per team. (Does not include individual entry)
- DEADLINE:** Entries must be postmarked by May 8. \$25 late fee applies for entries postmarked after May 8.
- PAYMENT:** Make check or money order payable to: Joe Wheatley Productions
Mail entry form and payment to: Joe Wheatley Productions, ATTN: Powerlifting
1140 Winchester Ave #17, Glendale, CA 91201
- QUESTIONS:** Call Steve at 661-333-9800 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 records and USPF/WPF rules.
- ACCOMODATIONS:** Go to www.google.com and type in Venice Beach hotels and motels.
Or use www.priceline.com to book your hotel room.

**This is a World Qualifier for the WPF World
Championship in England, Nov 3-7**

