

East Bay Open Powerlifting Championship Full Power, Bench only, Deadlift only, and Push-Pull

Sponsored by Team Alan & Bonnie Aerts and Inzer Advance Designs

- DATE & TIME:** Saturday, April 24, 2010, 10:00 AM
- LOCATION:** Diablo Barbell Club, 1018 Shary Circle Suite B, Concord, CA 94518
- DIRECTIONS:** Use mapquest.com or googlemaps.com 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, Junior 13-15, 16-17, 18-19, 20-23, Sub-master 35-39, Master 40-44, etc
- 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/USPF RULES. One piece wrestling type singlet must be worn as a minimum. Single ply squat, bench and deadlift suits only. Velcro allowed on bench shirt, but must be closed with a continuous neckline—no open back shirts.
- SCHEDULE:**
(All Lifters) Early weigh-in: -----Friday, 5:00pm to 6:30pm
Regular Weigh-in: -----Sat, 7:30am to 9:00am
Rules Briefing: -----Sat, 9:00am
Lifting Begins: -----Sat, 10:00am
- AWARDS:** Open-----1st - 3rd place in each weight class
Junior 13-15-, 16-17, 18-19, 20-23-----1st - 3rd place in each weight class
Submaster 35-39-----1st - 3rd place in each weight class
Master 40-44. 45-49 etc-----1st - 3rd place in each weight class and age group.
Team Division-----1st - 3rd place
Best Lifter-----open, junior, master (PL/BP/DL/PP)
- ENTRY FEE:** \$65.00 per lifter, add \$35 if entering additional event or division (PL & BP=2 awards or Open & Master=2 awards) Free t-shirt with entry fee.
Separate Team entry fee-\$35.00 (submit roster at weigh-in) Individual entry required.
- DEADLINE:** Entries must be postmarked by Saturday, April 3, 2010. Entries postmarked after deadline must pay late fee of \$20. No entries accepted on day of contest.
- PAYMENT:** Make check or money order payable to: Steve Denison
Send entry form and payment to: Steve Denison,
PO Box 18346, Anaheim, CA 92817
- QUESTIONS:** Call Steve 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 California State and American records and WPF/USPF rules.
- SPONSOR:** Alan and Bonnie Aerts and Inzer Advance Designs
- ACCOMODATIONS:** Check www.priceline.com for available hotels near Diablo Barbell Club.

Entry Form
East Bay Open Powerlifting, Benchpress, & Deadlift Championship

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

Address: _____ City: _____

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

USPF Card # _____ Expiration: _____ Email: _____
(cards can be purchased at the weigh-in)

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 Event and Division you are entering

POWERLIFTING (Full meet): Open 13+, 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+

BENCHPRESS ONLY: Open 13+, 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 13+, 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+

PUSH-PULL (BP-DL for total): Open 13+, 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: April 3, 2010 (Entries postmarked after April 3, pay \$20.00 late fee.

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 East Bay Open Powerlifting, Benchpress, & Deadlift Championship sanctioned by the United States Powerlifting Federation (USPF) on the day of April 3, 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, Diablo Barbell, Inzer Advance Designs 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