

SECOND ANNUAL USPF HAWAII STATE POWERLIFTING CHAMPIONSHIP

- DATE & TIME:** Saturday, April 10, 2010, 9:00 am
- LOCATION:** Washington Middle School
1633 South King Street, Honolulu, Hawaii 96826
- 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:** FULL MEET ONLY (NO TOKEN ATTEMPTS ALLOWED) Current WPF 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 & EQUIPMENT CHECK ONLY -----Friday 4:00pm to 7:00pm
Late weigh-in -----Saturday 6:30 to 7:45 am
Rules Briefing: -----Saturday, 7:45 to 8:15 am
Lifting Begins: -----Saturday 9:00 am
- 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
Team Division-----1st - 2nd place
- ENTRY FEE:** \$65.00 per lifter. Includes Free t-shirt
- DEADLINE:** Entries must be postmarked by Monday, March 22, 2010.
- PAYMENT:** Make check or money order payable to: Darren Matsumoto
Send entry form and payment to: Darren Matsumoto
1556 Piikoi St., Apt. #808
Honolulu, HI 96822
- QUESTIONS:** Call Ata at (808) 256-6542 or email at nalomightymouse@yahoo.com
Call Darren at (808) 291-9075 or email at windocswindow@yahoo.com
- WEBSITE:** Go to www.uspf.com to view the American records and rules.
- SPONSOR:** Titan Support Systems
- ACCOMODATIONS:** Hotels available at www.priceline.com

Entry Form

SECOND ANNUAL USPF HAWAII STATE POWERLIFTING CHAMPIONSHIP FULL MEET ONLY (NO TOKEN ATTEMPTS ALLOWED)

Name: _____ Age on April 10: _____ Birth date: _____

Address: _____

City: _____ State: _____ Zip: _____

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

Email address: _____

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 you are entering

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 (Add \$35 for additional division ie, open and master or open and junior)

DEADLINE: March 22, 2010 postmarked.

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

Send your entry form and payment to: Darren Matsumoto 1556 Piikoi St., Apt. #808, Honolulu, HI 96822

Waiver and Release:

In consideration of the acceptance of my application for entry into the 2010 Hawaii State Open Powerlifting Championship sanctioned by the United States Powerlifting Federation (USPF) on the day of April 10, 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, Ata Edralin, Darren Matsumoto, the USPF, Washington Middle School 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 if minor under age 18

Date