



Northwest Regional and Oregon State Open Powerlifting Championship

Full Power, Bench only, Deadlift only, and Push-Pull
Raw, Classic, Single ply, Multiply

- DATE & TIME:** Saturday, May 12, 2012, 9:30 AM
- LOCATION:** Elite Performance Center, 8030 SE Harold St, Portland, OR 97206
- DIRECTIONS:** Use Google maps or GPS for directions.
- SANCTIONED BY:** United States Powerlifting Association (USPA)
- ELIGIBILITY:** Any male or female age 13 years or older. Lifters must be current USPA members. Memberships will be available at the weigh-in for \$30 (High School--\$15). Memberships good for one year from date of purchase.
- 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 USPA RULES. One-piece type singlet must be worn as a minimum.
Single ply division: Single-ply squat, bench and deadlift suits only. Velcro allowed on bench shirt, but must close the back completely—no open back shirts in single ply division. No velcro straps allowed on squat and deadlift suit in the single ply division. **Raw division:** One piece singlet, 4 inch belt, wristwraps, and knee-sleeves. **Multiply division:** Multi-ply squat, bench and deadlift suits allowed. Open back bench shirts allowed. Velcro straps allowed on squat and deadlift suit. Full leg briefs allowed. Raw & single ply full meet lifters must walk out their squats. **Classic Division:** Allows kneewraps in the squat with everything else raw. Long socks (over the calf) required for all lifters in all divisions in the deadlift.
- SCHEDULE:** Early Weigh-in/gear check: -----Friday, 9:30 to 11am, 5:00pm to 6:30pm
Regular Weigh-in/gear check: -----Sat, 7:00am to 8:30am
(All Lifters) Rules Briefing/Warmup:-----Sat, 8:30am
Lifting Begins: -----Sat, 9:30am
- 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.
Best Lifter-----any division with 3 or more lifters.
- ENTRY FEE:** \$65.00 per lifter, add \$35 if entering additional event or division (PL & BP=2 awards or Open & Master=2 awards)
- DEADLINE:** Entries must be postmarked by Saturday, April 28. Entries postmarked after deadline must pay late fee of \$20. No entries accepted on day of contest. Please mail your entry on time.
- PAYMENT:** Make check or money order payable to: Denison Powerlifting LLC
Send entry form and payment to: Denison Powerlifting LLC,
PO Box 6028, Orange, CA 92865
- QUESTIONS:** Call Steve at 661-333-9800 cell or email at steve@uspla.org
- WEBSITE:** You may go to www.uspla.org to print additional copies of the entry form or to view the American records and USPA rules.
- ACCOMODATIONS:** Econo Lodge, 4512 SE 82nd St, Portland. 503-774-8876 or use www.kayak.com

Entry Form
NW Regional and Oregon State Open PL,BP,DL,PP

Name: _____ Age on May 12: _____ Birth date: _____

Address: _____ City: _____

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

USPA Expiration: _____ Email: _____
(Memberships can be purchased at the weigh-in)

Circle the type of gear division you will compete in, pick only one:

Raw Classic-full power only Single Ply Multiply

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, 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, 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+

PUSH-PULL (BP+DL for total): Open, Junior 13-15, 16-17, 18-19, 20-23, Submaster 35-39,
(counts as two single lift events)
(counts as one award) 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 28 (Entries postmarked after April 28 pay \$20.00 late fee. NO ENTRIES ACCEPTED ON DAY OF CONTEST.)

MEET T-SHIRTS: Pre-order for \$10 each.

CIRCLE T-SHIRT SIZE: S M L XL 2XL 3XL 4XL

Entry fee \$65: \$ _____

Additional division \$35 each: \$ _____

Meet T-SHIRT \$10: \$ _____

USPA Membership fee \$30:
(For new or expired members) \$ _____

Total Due: \$ _____

Please mail your entry form and payment to: Denison Powerlifting LLC, P.O. Box 6028, Orange, CA 92863

RELEASE OF LIABILITY -- READ BEFORE SIGNING and return with entry form and fee

In consideration of being allowed to participate in any way in the NW Regional & Oregon State Open Powerlifting meet sanctioned by the USPA, its related events and activities,

I, _____, the undersigned, acknowledge, appreciate, and agree that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the USPA officials immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE Meet Director/promoter, USPA, Denison Powerlifting LLC, Elite Performance Center and their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used for the activity ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT , FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

x _____ Age: _____ Date Signed: _____
PARTICIPANT'S SIGNATURE

FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE
(UNDER AGE 18 AT TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

x _____
_PARENT/GUARDIAN'S SIGNATURE EMERG. PHONE # (s) : _____ Date Signed _____

Please mail your entry form and payment to: Denison Powerlifting LLC, PO Box 6028, Orange, CA 92865