

USAPL
MEN'S & WOMEN'S US OPEN
BENCH PRESS CHAMPIONSHIPS

Official USA Powerlifting Sanctioned Championship

Saturday, July 8, 2006

Location:

Hyatt Regency Hotel – Downtown Miami
400 SE Second Avenue, Suite 402 - Miami, Florida 33131-2117
Phone: 305.358.1234 *** <http://miamiregency.hyatt.com>

Eligibility Requirements:

- 1) Must be a registered USAPL member [Membership cards may be purchased at weigh-ins].
- 2) No qualifying total or championship is required to enter this championship.

Weight Classes (lbs):

Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, 198+

Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, SHW

Master Competition Lifting and Weigh-in Schedule:

Thursday – July 06, 2006

USA Powerlifting National Governing Body Meeting / Technical Meeting

9:00 to 3:00 pm – Early Equipment Check [All lifters – Jasmine Room]

3:00 to 6:00 pm – National Governing Body [NGB] Meeting [Jasmine Room]

6:00 to 7:00 pm – IPF Technical rules meeting for all coaches and lifters [Jasmine Room]

[Highly recommended for all lifters that have never competed in a national level championship]*

6:00 to 7:00 pm – Early equipment check for Friday Lifters ONLY [Jasmine Room]

Saturday – July 08, 2006 [Grand Ballroom]

Schedule for the Men's & Women's US Open Bench Press Championships

3:00 to 4:30 am – Weigh-in/Equipment check for all Bench Pressers

4:30 to 5:00 am – Rules briefing and/lifter warm-up

5:00 to 6:30 pm – Lifting for all weight classes

6:30 to 7:00 pm – Drug-testing Protocol / Awards Ceremony

Age Divisions/Groups:

Open (14 and Up)

Teen I (14-15)

Teen II (16-17)

Teen III (18-19)

Junior (20-23)

University Student

Master I (40-49),

Master II (50-59),

Master III (60-69),

Master IV (70+)

Police/Fire/Military

Special Olympian/Disabled

Music will be played between all attempts – Bring your favorite CD with you



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Awards:

Awards will be presented to the 1st – 5th place finishers for each weight class and Division. One [1] Champion of Champions award will be presented to the best overall lifter. The overall best lifter award will be calculated by the IPF Wilks Formula. Team awards will be presented for 1st – 5th place. Team championship scoring will be in accordance to IPF Rules, calculated by the six [6] best lifters, of eleven [11] lifters on each team. Participation certificates will be given to all lifters.

Technical Rules:

This competition is USAPL sanctioned and all IPF rules will be followed. If you are not familiar with these rules, they can be found at the following URL (S):

IPF Rules -- http://www.powerlifting-ipf.com/IPF_rulebook.doc

World Wide Web:

Contest information, updates, nominations, etc. will be made available on the following web-page, which can be found at the following:

<http://www.ipfworlds.com/mensnationals>

Hotel Arrangements & Transportation Information

The Hyatt-Regency located in downtown Miami shall serve as the official championship hotel. Key and important, the hotel

Hyatt Regency - Miami
400 South East Second Avenue
Miami, Florida
USA 33131-2197

Please call 305.358.1234 to make reservations – Group Code: USA Powerlifting

The following is the web-link for the hotel:

<http://miamiregency.hyatt.com/property/index.jhtml>

Please make your hotel reservations early by NLT June 10, 2006 to receive the group rate of \$105.00 per night + tax. This is an exceptional rate for this time of year, so please make your reservations early. Group Code: USA POWERLIFTING

Airport Shuttle

Super Shuttle (Tel: +1-305.871.2000) will provide transportation to the Hyatt for \$11.00 from the Miami – International Airport. www.supershuttle.com

Spectators/T-shirts/Tickets

All spectators and coaches may enjoy the competition for an admission fee of \$5.00 per day. T-shirts will be available for a fee of \$15.00 (small to large) and \$20.00 for XL and above. One [1] coaching pass will be provided for each team entry received.



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Name _____ E-mail: _____

(Please print E-mail clearly)

Address: _____

City: _____ State: _____ Zip Code: _____

Day Telephone: () _____ Evening Telephone: () _____

USAPL Membership Card #: _____ Expiration Date: _____ Team _____

(Can be purchased at the contest)

RELEASE FROM LIABILITY AND CONSENT TO DRUG TEST:

Read this carefully (When you sign it you will be giving up important legal rights)

In consideration of the acceptance of my Entry Form in this Powerlifting Competition I intend to be legally bound, for not only myself but also for my heirs, my executors and my administrators. In signing this release from liability I waive and release everyone connected with this competition from any and all liability, including any result of negligence, which may arise from this competition. Moreover, I agree that any testing method, which the meet directors and the sponsors of this meet use to detect the presence of strength inducing drugs, **SHALL BE CONCLUSIVE**. This is, whether I think the results of the test are right or wrong, I agree that I have no right to challenge the results of the drug tests. I further agree to submit to any physical test, which may be necessary to complete the drug testing. Should I fail to pass the drug tests I agree to forfeit any trophy or award, which I might otherwise have won. I understand and agree that if I fail to pass the drug tests, my name will appear on a published list of suspended members. If it is determined that I have failed the drug test, I agree to waive any claim for which legal relief is available. I agree to pay any attorney fee and litigation expenses by any person, real or corporate, which I may sue in an effort to challenge this release from liability form. I understand that my agreement to pay attorney fees and litigation expenses is the **SINE QUA NON** for acceptance of my entry in this contest. If any provision of this Release from Liability shall be deemed by a court of competent jurisdiction to be invalid, the remainder of this Release from Liability shall remain in force and effect. I also certify with my signature that this release/agreement cannot be modified orally.

Signature of lifter		Date	
Signature of Parent Or Legal Guardian <i>If Contestant is under 18</i>		Date	

Check the Divisions you will be lifting in:

- | | | |
|--|---|--|
| <input type="checkbox"/> Open (all ages 14 and up) | <input type="checkbox"/> Junior (20-23) | <input type="checkbox"/> Masters I (40-49) |
| <input type="checkbox"/> Teen I (14-15) | <input type="checkbox"/> Special Olympian/Disabled | <input type="checkbox"/> Masters II (50-59) |
| <input type="checkbox"/> Teen II (16-17) | <input type="checkbox"/> University/College Student | <input type="checkbox"/> Masters III (60-69) |
| <input type="checkbox"/> Teen III (18-19) | <input type="checkbox"/> Police/Fire/Military | <input type="checkbox"/> Masters III (70+) |

Please specify the weight class that you will be lifting at: _____ Age: _____ Date of Birth: _____

PLEASE SPECIFY T-Shirt SIZE(s): Cost at Meet - \$15.00/each: M L XL XXL XXXL

ENTRY FEE (S): Place

- _____ \$50.00 – Bench Press Competition
- _____ \$60.00 – Team Entry Fee (see reverse side of this form)
- _____ \$15.00 – Official Championship T-shirt [Small to Large] / Size Requested _____
- _____ \$20.00 – Official Championship T-shirt [X-Large to XXXL] / Size Requested _____
- _____ \$ 5.00 – Ticket cost for each spectator and coach, per day.
- _____ \$ Total Amount Submitted

APPLICATIONS MUST BE POSTMARKED BY NO LATER THAN JUNE 16, 2006!

Important Note: If your application/entry is late, you must notify the meet director either via e-mail, or by telephone. Late fee of \$50.00 will be assessed if post-marked after June 16, 2006. No Refunds Granted!

CHECK OR MONEY ORDERS PAYABLE AND MAILED TO THE FOLLOWING:

Robert Keller - Contest Director

USA Powerlifting – Florida

Post Office Box 291571 Davie, Florida 33329-1571**

Telephone: 954.790.2249 * Fax: 954.301.3344 * E-mail: rhk@verizon.net

<http://www.ipfworlds.com/mensnationals>



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FULL TEAM NAME: _____

HEADCOACH: _____ MANAGER: _____

PHONE: _____ USAPL Team Registration Number: _____ Expiration: _____

TEAM ENTRY FEE

Team entry fees are \$60.00 for each division (e.g., one men's and one women's team would be \$60.00 each totaling \$120.00). As per collegiate rules, there are NO multiple team entries (e.g., Team A and Team B, in one division). Additionally, each team member must fully complete an individual entry form and forward the appropriate entry fees (see reverse side).

TEAM ROSTER

No.	Lifter	Weight Class	USAPL Card #:
1	_____	_____	_____
2	_____	_____	_____
3	_____	_____	_____
4	_____	_____	_____
5	_____	_____	_____
6	_____	_____	_____
7	_____	_____	_____
8	_____	_____	_____
9	_____	_____	_____
10	_____	_____	_____
11	_____	_____	_____

ALTERNATES

1	_____
2	_____

TEAM SCORING

Each team is allowed a maximum of 11 lifters spread throughout the range of the 11-bodyweight categories for men, and 10 lifters throughout the range of 10 bodyweight categories for women. Each team is allowed a maximum of five alternates. These alternates may be substituted at any time prior to the commencement of the championship. Team scoring will be calculated in accordance with USAPL/IPF rules. All Teams must be registered with USA powerlifting via a club membership application.

**ALL TEAM ROSTERS MUST BE RECEIVED BY 7:00 AM THE MORNING
OF FRIDAY, JUNE 07, 2006 FOR DECLARATION INTO THE CHAMPIONSHIP**